

500

smoothies & juices



the only smoothies and juices compendium you'll ever need

Christine Watson



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contents

introduction

simple smoothies

breakfast blends

fragrant infusions

health tonics

juice boosts

blends for kids

milkshakes

thick and frosty

naughty but nice

boozy blends





introduction

We are all constantly reminded that we don't get enough fruit or vegetables into our diets and for most of us, it's true. There is sufficient evidence that shows us that people can beat illness, fight cancers, lose weight, have better skin and hair, and are generally healthier if they eat a large variety of fruit and vegetables every day.

Our bodies need fresh foods. The human body doesn't deal well with the processed food that saturates our superstores these days, and more and more people are beginning to realize this. Unfortunately, though, with our busy lifestyles, it can be hard to fill our bodies with what they need.

Smoothies and juices offer a surprisingly varied way of getting our fill. An 8-ounce glass of smoothie or juice can be a way of getting 4 or even 5 of our daily fruit or vegetable portions into our system. A smoothie is portable and you can drink it on the go, meaning there are no excuses for missing breakfast again. Making smoothies and juices is a great way of using up fruit or vegetables that are beginning to go past their best. Some of these recipes can even be eaten as desserts.

With a selection of creamy milkshakes, indulgent naughty but nice drinks, and even some boozy blends, there is a blended drink here to suit everyone and every occasion.

But let's not forget that the most important benefit of anything we eat or drink is pleasure, and there is little better than drinking the nectar of sweet fragrant fruits. Have you ever drunk the juice of freshly pressed apples? Let me tell you that there is nothing sweeter.

It is everything that an apple is: crisp, dry, and sweet, but where apples can be hard to digest as a fruit, they glide down easily as a juice. Delicious!

equipment

blenders or smoothie makers

It is so important to get a good quality blender when making a smoothie. Try to find one that has an ice-crushing setting on it, as this will help you make frozen cocktails or thick and frosty drinks. Smoothie makers are a fun concept and do the job well, but are a bit of a gimmick and standard blenders often have more power. Hand blenders can work for the simpler fruit smoothies but will be no match for the icy ones.

centrifugal juice extractors

Juice extractors come in various qualities and styles, but the best you can get is a professional-standard centrifugal juicer. They make a finer juice and remove more pulp, but get the best out of the fruit or vegetables that you put through them. The cheaper compact juicers are great for people on a budget, but if you think you're going to be serious about juicing, I would suggest spending the money on a better quality one.

citrus juicer

Even though you can juice citrus fruit in a centrifugal juicer if you peel it, it is important to have a citrus juicer on hand for when you only need a little bit of citrus juice and don't need to use the larger equipment.

lidded glasses and portable cups

A lidded glass or portable cup can be stored in the fridge to keep any juice or smoothie you can't drink, or you could use it to carry a freshly made smoothie to work with you.

**resealable plastic bags**

Chop up your fruit the night before and pop it in the freezer in a resealable plastic bag. The next day put the frozen fruit straight into the blender with some yogurt or juice and blitz for an icy smooth drink.

measuring spoons

By using measuring spoons you are guaranteed to get the right amount of each ingredient into your drink, making sure you get the flavor perfectly balanced.

ice cream scoop

It is good to have an ice cream scoop on hand to make it easier to scoop ice cream or frozen yogurt for the frostier drinks.

ingredients

fresh fruit and vegetables

Fruits and vegetables that are available to you seasonally will taste best, but pretty much all fruits and vegetables can be juiced.

frozen fruit

Ready-frozen fruit is great if something you want is out of season. Either defrost them when making juices or use them frozen for making smoothies.

dried fruits

Dried fruits are great in smoothies and some milkshakes, but make sure they are not too dry. If they are, soak them in some water, juice, or alcohol for a few minutes before using.

canned fruit

As with frozen fruit, some canned fruits are great as an alternative to expensive fruits like lychees or out-of-season fruits like apricots, although the real thing will always make the best drinks.

yogurt

Greek yogurt is the mildest and creamiest of all the yogurts and I feel it makes the best smoothie, but flavor is a matter of taste, so use whichever yogurt you like best. Vegans can use non-dairy yogurt and enjoy any of the recipes in this book.

bottled juices

For those of you with little time, it's a good cheat to have a bottle of freshly squeezed orange or apple juice in the fridge.

ice cream and frozen yogurt

A simple vanilla ice cream or plain frozen yogurt is a great base for most milkshakes or frozen smoothies, but do play around with some of the amazing flavors you can get these days, such as ginger and white chocolate, to make some really exciting drinks. Soy ice cream and frozen yogurt are widely available, meaning that those who avoid dairy products can still enjoy a thick and creamy smoothie.

ice

A well-stocked ice compartment in your freezer is essential when making any drinks, especially the frozen cocktails and thick, icy shakes in this book.

sugar syrup

You will need this when making some of the alcoholic cocktails in the last chapter; to prepare it, simply stir 2 cups sugar into 2 cups water and place in a pan over a low heat. Stir until the sugar is dissolved, bring to a boil, and boil rapidly for 4 minutes. Let cool, then place in a sealed container in the refrigerator and use as needed.

alcohols

Whether it be rum, vodka, or tequila that's your drink of choice, you will find a fruity blend to go with it. Feel free to mix a couple of tablespoons of alcohol into any of the drinks in this book — you may discover your new favorite party drink.



simple smoothies

Smoothies are sweet, blended drinks made from fresh fruit. The possible permutations of fruit are endless and this chapter will inspire you to try dozens of them. Fruit doesn't have to be the only ingredient — some of these recipes include milk or yogurt to thicken the drink and make it more filling.



peach and raspberry smoothie

see [variations](#)

This classic combination relies on the sweetness of a ripe peach to work well — but be sure the peach is not overripe, or it will have an unpleasant taste.

1 peach, pitted and quartered

½ cup raspberries

½ cup plain low-fat yogurt

¼ cup milk

Put all the ingredients in a blender. Blend for 1 minute or until smooth. Pour into a glass and serve immediately.

Serves 1

banana and strawberry smoothie



see [variations](#)

This is a seriously rich yet healthy smoothie that has become a classic because the sweet flavors of banana and strawberry are perfectly complementary.

1 banana, peeled and quartered

1 cup strawberries, hulled

½ cup plain low-fat yogurt

¼ cup milk

Put all the ingredients in a blender. Blend for 1 minute or until smooth. Pour into a glass and serve immediately.

Serves 1

strawberry and apricot smoothie



see [variations](#)

This smoothie slips down with no problem at all. It is one of those classic combinations that cannot fail to please.

½ cup strawberries, hulled

2 apricots, halved and pitted

½ cup plain low-fat yogurt

¼ cup milk

1 tsp. honey (optional)

Put all the ingredients in a blender. Blend for 1 minute or until smooth. Pour into a glass and serve immediately.

Serves 1

plum and passion fruit smoothie



see [variations](#)

This combination makes a deliciously creamy smoothie with a wonderful color.

3 red or purple plums, halved and pitted

Pulp of 2 passion fruit, sieved

½ cup plain low-fat yogurt

¼ cup milk

Put all the ingredients in a blender. Blend for 1 minute or until smooth. Pour into a glass and serve immediately.

Serves 1

mango and passion fruit smoothie



see [variations](#)

The astringent flavor of passion fruit cuts through the rich sweetness of mango, lightening the effect of this aromatic smoothie.

1 medium mango, pitted, peeled, and cut into chunks

Pulp of 2 passion fruit

½ cup plain low-fat yogurt

½ cup milk

Put all the ingredients in a blender. Blend for 1 minute or until smooth. Pour into a glass. Sprinkle a few passion fruit seeds over the top of the smoothie if desired and serve immediately.

Serves 1

blackberry and raspberry smoothie



see [variations](#)

The deep purple color of this smoothie is picture-perfect.

1 cup blackberries

½ cup raspberries

½ cup plain low-fat yogurt

¼ cup milk

1 tsp. honey (optional)

Put all the ingredients in a blender. Blend for 1 minute or until smooth. Pour into a glass and serve immediately.

Serves 1

blueberry and strawberry smoothie



see [variations](#)

Take advantage of the fresh wild blueberries available in late summer if you can.

½ cup blueberries

1 cup strawberries, hulled

½ cup plain low-fat yogurt

¼ cup milk

Put all the ingredients in a blender. Blend for 1 minute or until smooth. Pour into a glass and serve immediately.

Serves 1

papaya and mango smoothie

see [variations](#)

A thick and sustaining smoothie, but delicately fragrant with the scents of tropical fruits.

½ cup peeled papaya chunks

½ cup peeled mango chunks

½ cup plain low-fat yogurt

¼ cup milk

Put all the ingredients in a blender. Blend for 1 minute or until smooth. Pour into a glass and serve immediately.

Serves 1

melon and kiwifruit smoothie

see [variations](#)

The vivid green of this drink is as refreshing as its vibrant sweetness.

½ cup honeydew melon chunks

2 kiwifruit, peeled

½ cup plain low-fat yogurt

¼ cup milk

Put all the ingredients in a blender. Blend for 1 minute or until smooth. Pour into a glass and serve immediately.

Serves 1

blackberry and blackcurrant smoothie



see [variations](#)

The classic woodland flavors make this the perfect fall smoothie.

1 cup blackberries

½ cup blackcurrants

½ cup plain low-fat yogurt

¼ cup milk

Put all the ingredients in a blender. Blend for 1 minute or until smooth. Pour into a glass and serve immediately.

Serves 1

variations



peach and raspberry smoothie

see [base recipe](#)

peach, raspberry, and mint smoothie

Prepare the basic recipe, adding a few fresh mint leaves to the blend.

peach and orange smoothie

Prepare the basic recipe, replacing the raspberries and milk with $\frac{3}{4}$ cup orange juice.

raspberry and orange smoothie

Prepare the basic recipe, but omit the peach and milk, increase the quantity of raspberries to 1 cup, and add $\frac{1}{2}$ cup orange juice to the blend.

peach, raspberry, and orange smoothie

Prepare the basic recipe, omitting the milk and replacing it with $\frac{1}{4}$ cup orange juice.

variations



banana and strawberry smoothie

see [base recipe](#)

banana, strawberry, and orange smoothie

Prepare the basic recipe, replacing the milk with $\frac{1}{4}$ cup orange juice.

strawberry and orange smoothie

Prepare the basic recipe, omitting the milk and banana, adding $\frac{1}{4}$ cup orange juice, and increasing the strawberries to $1\frac{1}{2}$ cups.

strawberry smoothie

Prepare the basic recipe, omitting the banana and increasing the quantity of strawberries to $1\frac{1}{2}$ cups.

banana and raspberry smoothie

Prepare the basic recipe, omitting the strawberries and replacing them with the same quantity of raspberries.

variations



strawberry and apricot smoothie

see [base recipe](#)

raspberry and apricot smoothie

Prepare the basic recipe, omitting the strawberries and replacing them with the same quantity of raspberries.

strawberry, apricot, and orange smoothie

Prepare the basic recipe, omitting the milk and replacing it with the same quantity of orange juice.

strawberry, apricot, and apple smoothie

Prepare the basic recipe, omitting the milk and replacing it with the same quantity of apple juice.

strawberry, peach, and apple smoothie

Prepare the basic recipe, omitting the milk and apricots and replacing them with $\frac{1}{4}$ cup apple juice and 1 pitted and quartered peach.

variations



plum and passion fruit smoothie

see [base recipe](#)

plum, passion fruit, and orange smoothie

Prepare the basic recipe, omitting the milk and replacing it with the same quantity of orange juice.

plum smoothie

Prepare the basic recipe but omit the passion fruit.

plum, passion fruit, and apple smoothie

Prepare the basic recipe, omitting the milk and replacing it with the same quantity of apple juice.

plum and orange smoothie

Prepare the basic recipe, omitting the milk and replacing it with the same quantity of orange juice. Omit the passion fruit also.

plum and rhubarb smoothie

Prepare the basic recipe, omitting the passion fruit and replacing it with $\frac{1}{4}$ cup stewed rhubarb.

variations



mango and passion fruit smoothie

see [base recipe](#)

mango, passion fruit, and lime smoothie

Prepare the basic recipe, adding a squeeze of lime juice to the blend.

mango, passion fruit, and orange smoothie

Prepare the basic recipe, omitting the milk and replacing it with the same quantity of orange juice.

mango, passion fruit, and pineapple smoothie

Prepare the basic recipe, omitting the milk and replacing it with the same quantity of pineapple juice.

mango, passion fruit, orange, and pineapple smoothie

Prepare the basic recipe, omitting the milk and replacing it with 1 tablespoon orange juice and 2 tablespoons pineapple juice.

mango, passion fruit, and rose water smoothie

Prepare the basic recipe, adding ½ teaspoon rose water to the other ingredients.

variations



blackberry and raspberry smoothie

see [base recipe](#)

blackberry smoothie

Prepare the basic recipe, omitting the raspberries and increasing the quantity of blackberries to 1½ cups.

raspberry smoothie

Prepare the basic recipe, omitting the blackberries and increasing the quantity of raspberries to 1½ cups.

blackberry and orange smoothie

Prepare the basic recipe, omitting the raspberries and milk, and replacing them with 1½ cups blackberries and ¼ cup orange juice.

raspberry and orange smoothie

Prepare the basic recipe, omitting the blackberries and milk, and replacing them with 1½ cups raspberries and ¼ cup orange juice.

variations



blueberry and strawberry smoothie

see [base recipe](#)

blueberry, strawberry, and orange smoothie

Prepare the basic recipe, omitting the milk and replacing it with the same quantity of orange juice.

blueberry, strawberry, and apple smoothie

Prepare the basic recipe, omitting the milk and replacing it with the same quantity of apple juice.

blueberry, strawberry, and pineapple smoothie

Prepare the basic recipe, omitting the milk and replacing it with the same quantity of pineapple juice.

blueberry, raspberry, and apple smoothie

Prepare the basic recipe, omitting the milk and strawberries, and replacing them with $\frac{1}{4}$ cup apple juice and 1 cup raspberries.

variations



papaya and mango smoothie

see [base recipe](#)

papaya smoothie

Prepare the basic recipe, omitting the mango and replacing it with an extra $\frac{1}{2}$ cup papaya.

papaya and lime smoothie

Prepare the basic recipe, omitting the mango and replacing it with an extra $\frac{1}{2}$ cup papaya and a squeeze of lime juice.

mango, papaya, and orange smoothie

Prepare the basic recipe, omitting the milk and replacing it with the same quantity of orange juice.

mango, papaya, and pineapple smoothie

Prepare the basic recipe, omitting the milk and replacing it with the same quantity of pineapple juice.

variations



melon and kiwifruit smoothie

see [base recipe](#)

melon, kiwifruit, and apple smoothie

Prepare the basic recipe, omitting the milk and replacing it with the same quantity of apple juice.

melon, kiwifruit, and orange smoothie

Prepare the basic recipe, omitting the milk and replacing it with the same quantity of orange juice.

melon, kiwifruit, and pineapple smoothie

Prepare the basic recipe, omitting the milk and replacing it with the same quantity of pineapple juice.

kiwifruit smoothie

Prepare the basic recipe, omitting the melon and adding 1 extra kiwifruit.

variations



blackberry and blackcurrant smoothie

see [base recipe](#)

blackberry, blackcurrant, and orange smoothie

Prepare the basic recipe, omitting the milk and replacing it with the same quantity of orange juice.

blackberry, blackcurrant, and apple smoothie

Prepare the basic recipe, omitting the milk and replacing it with the same quantity of apple juice.

blackberry and blueberry smoothie

Prepare the basic recipe, omitting the blackcurrants and replacing them with $\frac{1}{2}$ cup blueberries.

blackberry and apple smoothie

Prepare the basic recipe, omitting the blackcurrants and milk, and replacing them with an extra $\frac{1}{2}$ cup blackberries and $\frac{1}{4}$ cup apple juice.

breakfast blends

A thick and fruity smoothie is perfect for breakfast. Substantial, filling, and healthy, these are meals in a glass and a perfect start to your day.



apricot breakfast smoothie

see [variations](#)

The oats in this breakfast smoothie provide a slow release of energy throughout the morning, helping to keep you satisfied until lunch. The oats also add a creamy texture to the smoothie.

3 apricots, halved and pitted

$\frac{3}{4}$ cup apple juice

$\frac{3}{4}$ cup plain low-fat yogurt

1 tsp. honey

1 tbsp. rolled oats

Place all the ingredients into a blender and blend for 1 minute. Pour into a glass and serve immediately.

Serves 1

blueberry, raspberry, peach, and orange smoothie



see [variations](#)

This delicious wake-up combination will have you wanting to set your alarm just that little bit earlier.

¼ cup blueberries

¼ cup raspberries

1 peach, halved and pitted

½ cup orange juice

¾ cup plain low-fat yogurt

2 tsp. honey

Place all the ingredients into a blender and blend for 1 minute. Pour into a glass and serve immediately.

Serves 1

banana, peach, and strawberry smoothie



see [variations](#)

During the summer months try putting the fruit into the freezer the night before you make this smoothie. This ensures it is really cold and refreshing by breakfast time.

1 banana, peeled and quartered

1 peach, halved and pitted

4 strawberries, hulled

$\frac{3}{4}$ cup orange juice

1 tsp. honey

Place all the ingredients into a blender and blend for 1 minute. Pour into a glass and serve immediately.

Serves 1

carnival smoothie



see [variations](#)

As the name suggests, this smoothie has a Caribbean flavor. It's sure to perk up your morning routine.

Pulp and juice of 1 passion fruit (sieve if preferred)

1½ mangoes, peeled and diced

1 cup pineapple juice

1 banana, peeled and quartered

2 Brazil nuts

Place all the ingredients into a blender and blend for 1 minute. Pour into a glass and serve immediately. Garnish with a piece of fresh pineapple if desired.

Serves 1

go bananas smoothie



see [variations](#)

A thick and filling smoothie to set you up for a day at the office.

1½ bananas, peeled and quartered

1 tbsp. smooth peanut butter

1 cup milk

Place all the ingredients into a blender and blend for 1 minute. Pour into a glass and serve immediately.

Serves 1

wake-up juice



see [variations](#)

The zesty flavors of this citrus combination are guaranteed to kick-start your day as well as your tastebuds.

2 grapefruit, peeled

2 oranges, peeled

1 lemon, peeled

Put all the ingredients through a juice extractor. Pour into a glass and serve immediately. You can also make this juice in a citrus juicer with halved fruits.

Serves 1

apple and orange juice

see [variations](#)

This is perhaps the most traditional and familiar of all fruit juice combinations — and with good reason.

3 whole apples

3 oranges, peeled

Put the apples and oranges through a juice extractor. Pour into a glass and serve immediately.

Serves 1

nectarine and raspberry juice

see [variations](#)

The sunny flavor of this juice is a perfect remedy for days when the weather is anything but tropical.

3 nectarines, halved and pitted

1 cup raspberries

Put the nectarines and raspberries through a juice extractor. Pour into a glass and serve immediately.

Serves 1

mocha breakfast smoothie



see [variations](#)

A caffeine pick-me-up softened with the smooth, rich flavor of cocoa. Try warming the milk gently for extra comfort.

1 banana, peeled and quartered

1 tbsp. powdered cocoa

2 tbsp. (1 shot) espresso

1 cup milk (cold or hot)

Place all the ingredients into a blender. Blend for 1 minute or until smooth. Pour into a glass or coffee mug and serve immediately.

Serves 1

country breakfast smoothie



see [variations](#)

Using stewed fruit is a novel approach to smoothie making, but this fruit adds a mellow flavor that you don't get from fresh fruits.

1 apple

1 pear

1 cup chopped rhubarb

¼ cup blackberries

Squeeze of lemon juice

1 tsp. honey

½ cup plain low-fat yogurt

Peel, core, and chop the apple and pear. Place all of the fruits into a saucepan with 2 tablespoons water, the lemon juice, and the honey. Bring to a boil, then turn down to a simmer. Poach the fruit for 10 minutes or until it is tender. Remove from the heat and let it cool. Place the stewed fruit into a blender with the yogurt. Blend for 1 minute or until smooth. Pour into a glass and serve immediately. Drizzle a little extra honey over the smoothie if desired.

Serves 1

variations



apricot breakfast smoothie

see [base recipe](#)

peach and banana breakfast smoothie

Prepare the basic recipe, omitting the apricots and replacing them with 1 peach and $\frac{1}{2}$ banana.

blueberry breakfast smoothie

Prepare the basic recipe, omitting the apricots and replacing them with 1 cup blueberries.

apricot and wheat germ breakfast smoothie

Prepare the basic recipe, omitting the rolled oats and replacing them with 1 tablespoon wheat germ.

apricot and strawberry breakfast smoothie

Prepare the basic recipe, omitting 1 apricot and replacing it with 4 hulled strawberries.

variations



blueberry, raspberry, peach, and orange smoothie

see [base recipe](#)

blueberry and orange smoothie

Prepare the basic recipe, omitting the raspberries and peach, and increasing the quantity of blueberries to 1 cup.

blueberry and peach smoothie

Prepare the basic recipe, omitting the raspberries and increasing the quantity of blueberries to $\frac{1}{2}$ cup and the peach to $1\frac{1}{2}$ halved and pitted peaches.

raspberry, apricot, and orange smoothie

Prepare the basic recipe, omitting the blueberries and peach, and replacing them with 3 halved and pitted apricots.

blueberry, raspberry, peach, and apple smoothie

Prepare the basic recipe, omitting the orange juice and replacing it with the same quantity of apple juice.

variations



banana, peach, and strawberry smoothie

see [base recipe](#)

banana and peach smoothie

Prepare the basic recipe, omitting the strawberries and adding an additional pitted and halved peach.

banana, peach, and strawberry yogurt smoothie

Prepare the basic recipe, omitting $\frac{1}{4}$ cup orange juice and replacing it with $\frac{1}{4}$ cup plain low-fat yogurt.

banana, apricot, and strawberry smoothie

Prepare the basic recipe, omitting the peach and replacing it with 2 pitted and halved apricots.

banana, peach, and blackberry smoothie

Prepare the basic recipe, omitting the strawberries and replacing them with $\frac{1}{4}$ cup blackberries.

variations



carnival smoothie

see [base recipe](#)

passion fruit and mango smoothie

Prepare the basic recipe, omitting the Brazil nuts and banana, and increasing the quantity of passion fruit to 2 fruits.

australian smoothie

Prepare the basic recipe, replacing the Brazil nuts with 5 macadamia nuts.

tropical smoothie

Prepare the basic recipe, omitting the Brazil nuts.

papaya and passion fruit smoothie

Prepare the basic recipe, omitting the Brazil nuts and chopped mango, and replacing them with $\frac{1}{2}$ seeded and chopped papaya and a squeeze of lime juice.

mixed nuts carnival smoothie

Prepare the basic recipe, adding 4 walnut halves and 3 blanched almonds to the other ingredients.

variations



go bananas smoothie

see [base recipe](#)

go wheat and bananas

Prepare the basic recipe, adding 1 teaspoon of wheat germ to the blender along with the other ingredients.

go bran and bananas

Prepare the basic recipe, adding 1 teaspoon of bran to the blender along with the other ingredients.

soy go bananas

Prepare the basic recipe, replacing the milk with the same quantity of soy milk.

go nuts and bananas

Prepare the basic recipe, adding 1 tablespoon of your favorite nuts to the blender along with the other ingredients.

go bananas and chocolate

Prepare the basic recipe, adding 1 tablespoon chocolate spread to the blender along with the other ingredients.

variations



wake-up juice

see [base recipe](#)

rose water wake-up juice

Prepare the basic recipe. When you have poured the juice into a glass, add 1 teaspoon rose water and stir well to mix.

orange-flower water wake-up juice

Prepare the basic recipe. When you have poured the juice into a glass, add 1 teaspoon orange-flower water and stir well to mix.

ginger wake-up juice

Prepare the basic recipe, adding a 3/4-inch chunk of peeled gingerroot to the ingredients before passing them through the juice extractor.

ginger and chili wake-up juice

Prepare the basic recipe, adding a 3/4-inch chunk of peeled gingerroot and 1/2 a seeded red chili to the ingredients before passing them through the juice extractor.

mint wake-up juice

Prepare the basic recipe, adding 6 fresh mint leaves to the ingredients before passing them through the juice extractor.

variations



apple and orange juice

see [base recipe](#)

pear and orange juice

Prepare the basic recipe, omitting the apples and replacing them with 3 pears.

pineapple and orange juice

Prepare the basic recipe, omitting the apples and replacing them with 1 cup peeled pineapple chunks.

pineapple and apple juice

Prepare the basic recipe, omitting the oranges and replacing them with 1 cup peeled pineapple chunks.

pineapple and pear juice

Prepare the basic recipe, omitting the oranges and apples and replacing them with 1 cup peeled pineapple chunks and 2 pears.

variations



nectarine and raspberry juice

see [base recipe](#)

nectarine and strawberry juice

Prepare the basic recipe, omitting the raspberries and replacing them with 5 hulled strawberries.

nectarine and blackberry juice

Prepare the basic recipe, omitting the raspberries and replacing them with 1 cup blackberries.

nectarine and blueberry juice

Prepare the basic recipe, omitting the raspberries and replacing them with 1 cup blueberries.

nectarine and plum juice

Prepare the basic recipe, omitting the raspberries and replacing them with 3 pitted and halved purple plums.

nectarine and apricot juice

Prepare the basic recipe, omitting the raspberries and replacing them with 2 pitted and halved apricots.

variations



mocha breakfast smoothie

see [base recipe](#)

coffee breakfast smoothie

Prepare the basic recipe, omitting the powdered cocoa.

cappuccino breakfast smoothie

Prepare the basic recipe, omitting the powdered cocoa. When serving, sprinkle the top of the glass with powdered cocoa.

rich mocha breakfast smoothie

Prepare the basic recipe, adding 2 tablespoons heavy cream to the ingredients before blending.

double shot mocha breakfast smoothie

Prepare the basic recipe, adding another shot (2 tablespoons) of espresso to the ingredients before blending.

chocolate orange breakfast smoothie

Prepare the basic recipe, omitting the espresso shot and replacing it with 1 tablespoon rind-free marmalade, thinned down with 1 tablespoon hot water.

variations



country breakfast smoothie

see [base recipe](#)

spiced country smoothie

Prepare the basic recipe, adding 1 teaspoon mixed spice to the stewed fruit before blending.

stewed rhubarb, apple, and pear smoothie

Prepare the basic recipe, omitting the blackberries.

stewed apple and blackberry smoothie

Prepare the basic recipe, omitting the rhubarb and pears, and replacing them with another apple and an additional $\frac{3}{4}$ cup blackberries.

stewed pear and apple smoothie

Prepare the basic recipe, omitting the rhubarb and blackberries, and replacing them with an additional $\frac{1}{2}$ apple and $\frac{1}{2}$ pear.

fragrant infusions

Adding aromatic ingredients to your smoothies and juices makes them even more seductive. Try cardamom or lemongrass for a taste of the Orient, or orange-flower water or mint for an authentic flavor of the Middle East. This chapter is full of fragrant inspiration.



mandarin, lemongrass, chili, and mint juice

see [variations](#)

Adding chili to fruit juice might sound bizarre — but in small quantities it provides a flavor hit without excessive heat.

4 mandarin oranges, peeled

1 lemongrass stalk, trimmed

½ a long red chili, seeded

5 fresh mint leaves

Put all the ingredients through a juice extractor. Pour into a glass and serve immediately.

Serves 1

lychee, raspberry, and rose water fizz



see [variations](#)

The delicate scent of rose water adds an even more exotic note to the unusual combination of lychees and raspberries.

2 cups peeled and pitted lychees

1 cup raspberries

1 tsp. rose water

½ cup soda water

Put the lychees and raspberries through a juice extractor. Stir in the rose water. Pour into a glass, top off with soda water, and serve immediately.

Serves 1

mango, coconut, and lime smoothie



see [variations](#)

The addition of lime brings a necessary edge to the creamy blend of coconut and mango.

1 mango, pitted and peeled

¼ cup coconut cream

Juice of 1 lime

1 cup ice cubes

Place all the ingredients into a blender and blend for 1 minute or until smooth. Pour into a glass and serve immediately.

Serves 1

pineapple, lemongrass, and cardamom crush



see [variations](#)

Cardamom is most familiar in Western kitchens as a spice used in curries and Asian-style dishes. Yet in south Asia and the Middle East, it is commonly used in sweet preparations too — and it works

wonderfully as a warm aromatic in Asian-flavored juices like this one.

½ pineapple, peeled

1 stalk lemongrass, trimmed

Seeds from 2 cardamom pods

Juice of ½ lime

Put the pineapple and lemongrass through a juice extractor. Pour into a blender with the cardamom seeds and lime juice, and blend for 30 seconds. Pour into a glass and serve immediately.

Serves 1

nectarine, clementine, and orange-flower water juice



see [variations](#)

The soothing flavor of orange-flower water completes a fabulous fruity trio.

2 nectarines, halved and pitted

2 clementines, peeled

½ tsp. orange-flower water

Put the nectarines and clementines through a juice extractor. Pour into a glass, mix in the orange-flower water, and serve immediately.

Serves 1

papaya, strawberry, and pistachio smoothie



see [variations](#)

The addition of pistachio nuts brings a taste of the East to these summer fruits.

1 small papaya, peeled and seeded

1 cup strawberries, hulled

¼ cup shelled unsalted pistachios

½ cup plain low-fat yogurt

¼ cup milk

Place all the ingredients into a blender and blend until smooth. Pour into a glass and serve immediately.

Serves 1

orange, date, and orange-flower water smoothie

see [variations](#)

Oranges and dates are combined in many traditional Moroccan recipes. Here is a smoothie with the same North African flavors.

Zest and juice of 2 oranges

5 dried dates, pitted

1 cup plain low-fat yogurt

½ tsp. orange-flower water

Place all the ingredients into a blender and blend until smooth. Pour into a glass and serve immediately.

Serves 1

green tea, apple, and grape juice

see [variations](#)

Not only is green tea reputed to have considerable health benefits ; it also blends perfectly with fresh fruit to make unusual juices.

1 pinch maccha (green tea) powder

½ cup boiling water

1 apple

1 cup seedless green grapes

Mix the maccha powder with the boiling water and leave in the fridge to cool. Put the apple and grapes through a juice extractor. Mix the juice with the green tea and serve.

Serves 1

grapefruit, basil, and strawberry crush



see [variations](#)

Three fresh foods with very different flavors — acidic, herbal, and sweet — meld surprisingly well because of their shared aromatic quality.

2 grapefruit, peeled

¼ cup strawberries, hulled

6 fresh basil leaves

Put the grapefruit and strawberries through a juice extractor. Pour into a blender with the basil and blend for 30 seconds. Pour into a glass and serve immediately.

Serves 1

watermelon and strawberry juice



see [variations](#)

Try this juice in the summer when both fruits are at their peak of ripeness and sweetness.

2 cups peeled and chopped watermelon

1 cup strawberries, hulled

Put the watermelon and strawberries through a juice extractor. Pour into a glass and serve immediately.

Serves 1

variations



mandarin, lemongrass, chili, and mint juice

see [base recipe](#)

mandarin, lime, lemongrass, chili, and mint juice

Prepare the basic recipe, adding the juice of $\frac{1}{2}$ lime.

orange, lemongrass, chili, and mint juice

Prepare the basic recipe, omitting the mandarin oranges and replacing them with 3 peeled oranges.

mango, lemongrass, chili, and mint juice

Prepare the basic recipe, omitting the mandarin oranges and replacing them with 2 cups peeled and chunked mango.

grapefruit, lemongrass, chili, and mint juice

Prepare the basic recipe, omitting the mandarin oranges and replacing them with $\frac{1}{2}$ peeled grapefruit.

variations



lychee, raspberry, and rose water fizz

see [base recipe](#)

lychee, strawberry, and rose water fizz

Prepare the basic recipe, omitting the raspberries and replacing them with the same quantity of strawberries.

lychee, blueberry, and rose water fizz

Prepare the basic recipe, omitting the raspberries and replacing them with the same quantity of blueberries.

lychee, redcurrant, and rose water fizz

Prepare the basic recipe, omitting the raspberries and replacing them with the same quantity of redcurrants.

lychee, blackberry, and rose water fizz

Prepare the basic recipe, omitting the raspberries and replacing them with the same quantity of blackberries.

variations



mango, coconut, and lime smoothie

see [base recipe](#)

mango, coconut, chili, and lime smoothie

Prepare the basic recipe, adding $\frac{1}{2}$ seeded red chili before blending.

mango, coconut, mint, and lime smoothie

Prepare the basic recipe, adding 8 fresh mint leaves before blending.

mango, coconut, basil, and lime smoothie

Prepare the basic recipe, adding 8 fresh basil leaves before blending.

mango, coconut, chili, mint, and lime smoothie

Prepare the basic recipe, adding $\frac{1}{2}$ seeded red chili and 6 fresh mint leaves to the ingredients before blending.

mango, coconut, pineapple, and lime smoothie

Prepare the basic recipe, omitting $\frac{1}{2}$ the mango and replacing it with $\frac{1}{2}$ cup peeled pineapple chunks.

variations



pineapple, lemongrass, and cardamom crush

see [base recipe](#)

pineapple, lemongrass, and chili crush

Prepare the basic recipe, omitting the cardamom and replacing it with 1 seeded red chili.

pineapple, lemongrass, and mint crush

Prepare the basic recipe, omitting the cardamom and replacing it with 8 fresh mint leaves.

pineapple, lemongrass, and ginger crush

Prepare the basic recipe, omitting the cardamom and replacing it with a 1-inch piece of peeled gingerroot.

pineapple, ginger, and chili crush

Prepare the basic recipe, omitting the cardamom and lemongrass, and replacing them with a 1-inch piece of peeled gingerroot and ½ seeded red chili.

variations



nectarine, clementine, and orange-flower water juice

see [base recipe](#)

peach, clementine, and orange-flower water juice

Prepare the basic recipe, omitting the nectarines and replacing them with 2 peaches.

mango, clementine, and orange-flower water juice

Prepare the basic recipe, omitting the nectarines and replacing them with 1 cup peeled and chopped mango.

pineapple, clementine, and orange-flower water juice

Prepare the basic recipe, omitting the nectarines and replacing them with 1 cup peeled and chopped pineapple.

papaya, clementine, and orange-flower water juice

Prepare the basic recipe, omitting the nectarines and replacing them with 1 cup peeled and chopped papaya.

nectarine, clementine, and rose water juice

Prepare the basic recipe, adding $\frac{1}{2}$ teaspoon rose water to the juice extractor along with the other ingredients.

variations



papaya, strawberry, and pistachio smoothie

see [base recipe](#)

papaya, strawberry, and mint smoothie

Prepare the basic recipe, omitting the pistachios and replacing them with 6 fresh mint leaves.

papaya, strawberry, and rose water smoothie

Prepare the basic recipe, omitting the pistachios and replacing them with a dash of rose water.

papaya, raspberry, pistachio, and mint smoothie

Prepare the basic recipe, omitting the strawberries and replacing them with the same quantity of raspberries.

papaya, blackberry, pistachio, and mint smoothie

Prepare the basic recipe, omitting the strawberries and replacing them with the same quantity of blackberries.

variations



orange, date, and orange-flower water smoothie

see [base recipe](#)

orange, raisin, and orange-flower water smoothie

Prepare the basic recipe, omitting the dates and replacing them with $\frac{1}{4}$ cup raisins.

orange, apricot, and orange-flower water smoothie

Prepare the basic recipe, omitting the dates and replacing them with 5 dried apricots.

orange and apricot smoothie

Prepare the basic recipe, omitting the dates and replacing them with the same quantity of dried apricots. Also omit the orange-flower water.

orange and date smoothie

Prepare the basic recipe, omitting the orange-flower water.

variations



green tea, apple, and grape juice

see [base recipe](#)

green tea and apple juice

Prepare the basic recipe, omitting the grapes and increasing the quantity of apples to 2 apples.

green tea and peach juice

Prepare the basic recipe, omitting the grapes and apples, and replacing them with 3 pitted peaches.

green tea and mango juice

Prepare the basic recipe, omitting the grapes and apples, and replacing them with 1 cup peeled and chopped mango.

green tea and pineapple juice

Prepare the basic recipe, omitting the grapes and apples, and replacing them with 1 cup peeled and chopped pineapple.

variations



grapefruit, basil, and strawberry crush

see [base recipe](#)

orange, basil, and strawberry crush

Prepare the basic recipe, omitting the grapefruit and replacing them with 3 peeled oranges.

mandarin, basil, and strawberry crush

Prepare the basic recipe, omitting the grapefruit and replacing them with 5 peeled mandarin oranges.

apple, basil, and strawberry crush

Prepare the basic recipe, omitting the grapefruit and replacing them with 3 apples.

pineapple, basil, and strawberry crush

Prepare the basic recipe, omitting the grapefruit and replacing them with 1½ cups peeled and chopped pineapple.

variations



watermelon and strawberry juice

see [base recipe](#)

watermelon, strawberry, and mint juice

Prepare the basic recipe, adding 8 fresh mint leaves to the ingredients before passing them through the juice extractor.

watermelon, strawberry, and basil juice

Prepare the basic recipe, adding 8 fresh basil leaves to the ingredients before passing them through the juice extractor.

watermelon, strawberry, and chili juice

Prepare the basic recipe, adding ½ seeded red chili to the ingredients before passing them through the juice extractor.

watermelon, strawberry, and lemongrass juice

Prepare the basic recipe, adding 1 trimmed lemongrass stalk to the ingredients before passing them through the juice extractor.

health tonics

All juices and smoothies are rich in vitamins and minerals, but the fruit-packed ones chosen for this chapter will offer a particularly strong boost to your immune system.



maxi “C”

see [variations](#)

Here’s the ultimate pick-me-up for when you feel a cold coming on. This juice is packed full of vitamin C in its strongest and purest form.

1 cup blackcurrants

1 cup redcurrants

2 kiwifruit, peeled

2 oranges, peeled

Put the blackcurrants, redcurrants, kiwifruit, and oranges through a juice extractor. Pour into a glass and serve immediately.

Serves 1

the energizer super juice

see [variations](#)

This vegetable juice combines sweet roots and gentle greens, providing a tasty vitamin overload.

1 cooked beet, peeled and trimmed

2 carrots, peeled and trimmed

2 cups baby spinach

¼ cucumber

Put all the ingredients through a juice extractor. Pour into a glass and serve immediately.

Serves 1

hangover cure

see [variations](#)

An excellent hydrating juice to get you back to peak performance to face the day ahead.

1 apple

1 carrot, peeled and trimmed

2 celery stalks, trimmed

¾-inch piece of peeled gingerroot

1½ cups mixed dried berries and currants

Put all the ingredients through a juice extractor. Pour into a glass and serve immediately.

Serves 1

diabetic juice



see [variations](#)

This juice, which has the comforting flavors of a fruit crumble, is particularly beneficial for diabetics, as cinnamon is believed to have a positive effect on the digestive system.

3 apples

2 pears

Pinch of ground cinnamon

Put the apples and pears through a juice extractor. Pour into a glass and sprinkle with a pinch of cinnamon. Serve immediately.

Serves 1

cleansing juice



see [variations](#)

Try this juice to help detoxify your system when you are feeling slightly the worse for wear. Its light flavor means that you can help cleanse the body while enjoying a refreshing drink.

2 apples

½ cup peeled honeydew melon chunks

¼ cucumber

1 cup watercress

¼ cup wheatgrass (optional)

Put all the ingredients through a juice extractor. Pour into a glass and serve immediately.

Serves 1

cold remedy



see [variations](#)

Manuka honey has antibacterial properties which will help you recover from a cold.

2 lemons, peeled

¾-in. piece of fresh gingerroot, peeled

1 tbsp. manuka honey

¾ cup boiling water

Sprig fresh rosemary

Put the lemons and ginger through a juice extractor. Put into a large mug and mix with the manuka honey, boiling water, and rosemary. Let it steep for 5 minutes and drink.

Serves 1

yummy mummy juice



see [variations](#)

Here's an ideal juice for expectant mothers, as it's full of folic acid, which is essential to nurture both mother and baby.

4 small broccoli florets

3 apples

Juice of ½ lime

Put the broccoli and apples through a juice extractor. Pour into a glass. Stir in the lime juice and serve immediately.

Serves 1

power smoothie



see [variations](#)

Spirulina is a true super food. Packed full of antioxidants and rammed with vitamins, it has real health benefits. As it is not to everyone's taste, I have added it to a delicious smoothie to make it more drinkable.

1 banana, peeled and quartered

½ cup mixed berries, plus 2 to garnish

1 cup plain low-fat yogurt, plus 1 tsp. to garnish

¼ cup orange juice

1 tbsp. spirulina powder

Place all the ingredients into a blender and blend for 1 minute or until smooth. Pour into a glass and serve immediately. Swirl in an extra teaspoonful of yogurt and place two extra berries in the glass to garnish.

Serves 1

digestion smoothie



see [variations](#)

This fiber-rich smoothie will aid your digestion system, and aside from its health benefits, it tastes wonderful.

1 banana, peeled and quartered

5 prunes, pitted

¼ cup orange juice

1 cup plain low-fat yogurt

Place all the ingredients into a blender and blend for 1 minute or until smooth. Pour into a glass or mug and serve immediately.

Serves 1

fat-burner smoothie



see [variations](#)

Strictly speaking, this smoothie doesn't burn fat. Guarana, however, is said to speed up our metabolism, so it will definitely set you on your way toward exercising.

¼ cup strawberries, hulled

¼ cup raspberries

¼ cup blueberries

¼ cup cranberries

¼ cup apple juice

1 tsp. guarana powder

1 tbsp. aloe vera juice

Place all the ingredients into a blender and blend for 1 minute or until smooth. Pour into a glass and serve immediately.

Serves 1

variations



maxi “C”

see [base recipe](#)

super “C”

Prepare the basic recipe, omitting the black- and redcurrants, and replacing them with 1 cup blackberries and 1 cup strawberries.

tropical “C”

Prepare the basic recipe, omitting the black- and redcurrants, and replacing them with 1 cup chopped mango and 1 cup chopped papaya.

health plus “C”

Prepare the basic recipe, omitting the kiwifruit and adding another orange.

kiwifruit and orange juice

Prepare the basic recipe, omitting the black- and redcurrants, and increasing the quantity of kiwifruit to 4 and the oranges to 3.

variations



the energizer super juice

see [base recipe](#)

5-a-day juice

Prepare the basic recipe, adding 1 seeded red bell pepper before passing the ingredients through the juice extractor.

spinach and cucumber juice

Prepare the basic recipe, omitting the beet and carrots, and increasing the quantity of cucumber to 1 whole cucumber.

spicy super juice

Prepare the basic recipe, mixing in $\frac{1}{2}$ tablespoon Worcestershire sauce and a dash of Tabasco sauce before serving.

beet, spinach, and cucumber juice

Prepare the basic recipe, omitting the carrots and increasing the quantity of the beet to 3 small beets.

variations



hangover cure

see [base recipe](#)

mixed berry, lemon, and ginger juice

Prepare the basic recipe, omitting the apple, carrot, and celery, and increasing the quantity of mixed berries and currants to 2½ cups. Add ½ a peeled lemon before putting the ingredients through the juice extractor.

mixed berry, apple, and ginger juice

Prepare the basic recipe, omitting the carrot and celery, and increasing the quantity of mixed berries and currants to 2 cups.

mixed berry and apple juice

Prepare the basic recipe, omitting the carrot, celery, and ginger, and increasing the quantity of mixed berries and currants to 2 cups and the apples to 2.

mixed berry, orange, and ginger juice

Prepare the basic recipe, omitting the carrot and celery, and increasing the quantity of mixed berries and currants to 2 cups. Add 2 peeled oranges before putting the ingredients through the juice extractor.

variations



diabetic juice

see [base recipe](#)

apple crumble juice

Prepare the basic recipe, omitting the pears and adding 2 more apples.

pear crumble juice

Prepare the basic recipe, omitting the apples and adding 3 more pears.

vanilla apple juice

Prepare the basic recipe, omitting the pears and adding 2 apples. When the juice is in a glass, sprinkle in the seeds from $\frac{1}{4}$ vanilla pod and add a squeeze of lemon juice. Stir to mix.

vanilla pear juice

Prepare the basic recipe, omitting the apples and adding 3 pears. When the juice is in a glass, sprinkle in the seeds from $\frac{1}{4}$ vanilla pod and add a squeeze of lemon juice. Stir to mix.

variations



cleansing juice

see [base recipe](#)

cucumber and watercress juice

Prepare the basic recipe, omitting the apples and melon, and adding an extra $\frac{1}{2}$ cucumber.

apple and melon juice

Prepare the basic recipe, omitting the cucumber and watercress. Replace them with another apple and an extra $\frac{1}{2}$ cup melon chunks.

apple and cucumber juice

Prepare the basic recipe, omitting the watercress and melon, and adding an extra $\frac{1}{2}$ cucumber.

cucumber and mint juice

Prepare the basic recipe, omitting the apples, watercress, and melon. Increase the quantity of cucumber to 1 whole cucumber and add a few leaves of fresh mint.

variations



cold remedy

see [base recipe](#)

orange cold remedy

Prepare the basic recipe, omitting the lemons and replacing them with 1 large peeled orange.

orange and lemon cold remedy

Prepare the basic recipe, omitting 1 lemon and adding 1 orange.

grapefruit cold remedy

Prepare the basic recipe, omitting the lemons and replacing them with 1 peeled grapefruit.

extra-strength cold remedy

Prepare the basic recipe, adding 1 tablespoon French brandy to the mixture before leaving it to steep.

variations



yummy mummy juice

see [base recipe](#)

broccoli, celery, and apple juice

Prepare the basic recipe, omitting 1 broccoli floret and adding 1 celery stalk.

broccoli and lime juice

Prepare the basic recipe, omitting the apples and adding another 6 broccoli florets.

variations



power smoothie

see [base recipe](#)

power smoothie with mixed greens

Prepare the basic recipe, omitting the spirulina and replacing it with 1 tablespoon mixed greens powder.

power smoothie with guarana

Prepare the basic recipe, omitting the spirulina and replacing it with 1 teaspoon guarana.

power smoothie with aloe vera

Prepare the basic recipe, omitting the spirulina and replacing it with 1 tablespoon aloe vera juice.

power smoothie with manuka honey

Prepare the basic recipe, omitting the spirulina and replacing it with 2 teaspoons manuka honey.

variations



digestion smoothie

see [base recipe](#)

digestion smoothie with figs

Prepare the basic recipe, omitting the prunes and replacing them with 5 dried figs.

digestion smoothie with flax oil

Prepare the basic recipe, adding 1 tablespoon pure flax oil to the other ingredients.

digestion smoothie with figs and flax oil

Prepare the basic recipe, omitting the prunes and replacing them with 5 dried figs. Add 1 tablespoon flax oil to the other ingredients.

super digestion smoothie

Prepare the basic recipe, adding 1 tablespoon pure flax oil and 2 dried figs to the other ingredients.

variations



fat-burner smoothie

see [base recipe](#)

fat burner with green tea

Prepare the basic recipe, omitting the apple juice and replacing it with $\frac{1}{4}$ cup diluted green tea.

berry apple smoothie

Prepare the basic recipe, omitting the aloe vera juice and the guarana.

dairy fat burner

Prepare the basic recipe, omitting the apple juice and replacing it with $\frac{1}{4}$ cup plain low-fat yogurt.

fat burner with ginger

Prepare the basic recipe, adding 1 teaspoon peeled and grated gingerroot to the ingredients before blending.

juice boosts

Drinking a glass of pure juice, without any thickening agent or artificial flavorings or preservatives, is always an uplifting experience. The sweetness and ripeness of the individual ingredients comes through with a delicious clarity. Try a few of these recipes and you'll soon be hooked on juice-making.



green goddess

see [variations](#)

A strange combination at first glance, but don't be fooled. This is a delicious and cleansing mix of fruit and vegetables, and great for the digestion.

2 celery stalks, trimmed and halved

1 apple

1 kiwifruit, peeled

1 pear

Handful of baby spinach, washed

½ cucumber

Squeeze of lime juice

Put the celery, apple, kiwifruit, pear, spinach, and cucumber through a juice extractor. Pour into a glass. Top off with a squeeze of lime juice and serve immediately.

Serves 1

rise and shine



see [variations](#)

A wonderful juice with the warm kick of ginger to liven up your breakfast smoothie.

2 apples

3 carrots, trimmed

¾-inch piece of fresh gingerroot, peeled

Put all the ingredients through a juice extractor. Pour into a glass and serve immediately.

Serves 1

root juice



see [variations](#)

The juice's vibrant intensity of color means that it will always impress — and so will its sweet, nutty flavor.

2 large beets, trimmed

3 carrots, trimmed

¾-inch piece fresh gingerroot, peeled

Put all the ingredients through a juice extractor. Pour into a glass and serve immediately.

Serves 1

pure juice

see [variations](#)

This thirst quencher is light, refreshing, and easy to drink. An Ogen melon would be a delicious choice, but any green-fleshed melon will do.

⅓ cucumber

1 cup honeydew or Ogen melon, peeled and diced

1 celery stalk, trimmed

6 fresh mint leaves

Put all the ingredients through a juice extractor. Pour into a glass and serve immediately.

Serves 1

melon medley

see [variations](#)

These three sweet melons make a magical combination that is perfect for kids and adults alike.

1 large slice of watermelon, peeled and diced

1 large slice of cantaloupe melon, peeled and diced

1 large slice of Ogen or honeydew melon, peeled and diced

Put all the ingredients through a juice extractor. Pour into a glass and serve immediately.

Serves 1

orange, mango, and lime juice



see [variations](#)

If you've never tried freshly squeezed mango juice, you're in for a real treat with this juice. It's one of my favorites.

3 oranges, peeled

1 large mango, peeled, pitted, and cut into chunks

Juice of ½ lime

Put the oranges and mango through a juice extractor. Pour into a glass and top off with the lime juice. Serve immediately.

Serves 1

cranberry, apple, and orange juice



The tart flavor of cranberries is very refreshing, and it makes this juice a real thirst-quencher.

$\frac{3}{4}$ cup cranberries

2 apples

2 oranges, peeled

Put all the ingredients through a juice extractor. Pour into a glass and serve immediately.

Serves 1

carrot, apple, celery, and beet juice



see [variations](#)

For those who are a little frightened of beet juice, this is the perfect drink to get you acquainted. It is sweet, light, and easy to drink.

1 carrot, trimmed

1 apple

1 celery stalk, trimmed

2 small beets, trimmed

Put all the ingredients through a juice extractor. Pour into a glass and serve immediately.

Serves 1

autumnal juice



see [variations](#)

The mellow flavors of this juice, as well as the fact that the fruits are all harvested in the fall, make it particularly suitable for drinking at that time.

2 apples

2 pears

1 cup blackberries

Put all the ingredients through a juice extractor. Pour into a glass and serve immediately.

Serves 1

vegetable juice



see [variations](#)

This is a meal in a glass: full of flavor, vitamin C, and essential minerals such as iron.

1 broccoli floret

2 celery stalks, trimmed

1 carrot, trimmed

1 red bell pepper, cored and seeded

4 tomatoes

¼ cup loosely packed parsley leaves

½ cup watercress

Pinch of salt

Put all the ingredients through a juice extractor. Pour into a glass and serve immediately.

Serves 1

variations



green goddess

see [base recipe](#)

apple and kiwifruit green goddess

Prepare the basic recipe, omitting the pear, spinach, and cucumber. Replace them with 1 additional apple and 1 extra kiwifruit.

apple and pear green goddess

Prepare the basic recipe, omitting the celery, spinach, and cucumber. Replace them with 1 additional apple and 1 extra pear.

cucumber, apple, and celery juice

Prepare the basic recipe, omitting the pear, spinach, and kiwifruit. Replace them with 1 additional apple and an extra $\frac{1}{2}$ cucumber.

spinach, cucumber, and celery juice

Prepare the basic recipe, omitting the apple, pear, and kiwifruit. Increase the spinach to 2 handfuls, the cucumber to 1 whole cucumber, and the celery to 3 stalks.

variations



rise and shine

see [base recipe](#)

carrot and apple juice

Prepare the basic recipe, omitting the ginger.

carrot and orange juice

Prepare the basic recipe, omitting the ginger and apples, and replacing them with 2 peeled oranges.

carrot, orange, and cilantro juice

Prepare the basic recipe, omitting the apples and replacing them with 2 peeled oranges and $\frac{1}{4}$ cup loosely packed cilantro leaves.

carrot, apple, and mint juice

Prepare the basic recipe, omitting the ginger and replacing it with 6 mint leaves.

variations



root juice

see [base recipe](#)

carrot and ginger juice

Prepare the basic recipe, omitting the beets and increasing the quantity of carrots to 5.

beet, orange, and ginger juice

Prepare the basic recipe, omitting the carrots and replacing them with 3 peeled oranges.

beet and carrot juice

Prepare the basic recipe, omitting the ginger.

beet and ginger juice

Prepare the basic recipe, omitting the carrots and adding another large beet.

variations



pure juice

see [base recipe](#)

melon and cucumber juice

Prepare the basic recipe, omitting the mint and celery, and increasing the quantity of cucumber to $\frac{1}{2}$ cucumber.

melon, cucumber, and mint juice

Prepare the basic recipe, omitting the celery and increasing the quantity of cucumber to $\frac{1}{2}$ cucumber.

cucumber, apple, and mint juice

Prepare the basic recipe, omitting the melon and celery, increasing the quantity of cucumber to $\frac{1}{2}$ cucumber, and adding 2 whole apples.

cucumber and celery juice

Prepare the basic recipe, omitting the melon and mint, and increasing the quantity of celery to 2 stalks and the cucumber to $\frac{1}{2}$ cucumber.

variations



melon medley

see [base recipe](#)

melon and rose water juice

Prepare the basic recipe, mixing in 1 teaspoon rose water after pouring the juice into a glass.

melon and orange-flower water juice

Prepare the basic recipe, mixing in 1 teaspoon orange-flower water after pouring the juice into a glass.

melon and mint medley

Prepare the basic recipe, adding 6 mint leaves before putting the ingredients through a juice extractor.

melon and strawberry juice

Prepare the basic recipe, adding 6 large hulled strawberries before putting the ingredients through a juice extractor.

variations



orange, mango, and lime juice

see [base recipe](#)

mango and lime juice

Prepare the basic recipe, omitting the oranges and adding another mango.

mango and passion fruit juice

Prepare the basic recipe, omitting the oranges and adding another mango. Add the juice of 2 passion fruit along with the lime juice.

mango and pineapple juice

Prepare the basic recipe, omitting the oranges and adding 1 cup diced pineapple.

mango, pineapple, and passion fruit juice

Prepare the basic recipe, omitting the oranges and adding 1 cup diced pineapple. Add the juice of 2 passion fruit along with the lime juice.

variations



cranberry, apple, and orange juice

see [base recipe](#)

cranberry and apple juice

Prepare the basic recipe, omitting the oranges and replacing them with 2 more apples.

cranberry, orange, and peach juice

Prepare the basic recipe, omitting the apples and replacing them with 1 peeled and pitted peach.

apple, orange, and raspberry juice

Prepare the basic recipe, omitting $\frac{1}{4}$ cup fresh cranberries and replacing them with $\frac{1}{4}$ cup raspberries.

cranberry, apple, orange, and strawberry juice

Prepare the basic recipe, omitting $\frac{1}{4}$ cup fresh cranberries and replacing them with $\frac{1}{4}$ cup hulled strawberries.

cranberry, apple, orange, and mint juice

Prepare the basic recipe, adding 8 fresh mint leaves to the other ingredients.

variations



carrot, apple, celery, and beet juice

see [base recipe](#)

carrot, beet, and celery juice

Prepare the basic recipe, omitting the apple and adding an extra carrot.

carrot, apple, and beet juice

Prepare the basic recipe, omitting the celery and adding an extra apple.

beet and celery juice

Prepare the basic recipe, omitting the carrot and apple. Replace them with an extra beet and 1 more celery stalk.

carrot, celery, beet, and pear juice

Prepare the basic recipe, omitting the apple. Replace it with 1 peeled and cored pear.

variations



autumnal juice

see [base recipe](#)

apple, pear, and raspberry juice

Prepare the basic recipe, omitting the blackberries and replacing them with 1 cup raspberries.

apple, pear, and strawberry juice

Prepare the basic recipe, omitting the blackberries and replacing them with 1 cup hulled strawberries.

apple, pear, and blueberry juice

Prepare the basic recipe, omitting the blackberries and replacing them with 1 cup blueberries.

apple, pear, and orange juice

Prepare the basic recipe, omitting the blackberries and replacing them with 1 peeled orange.

variations



vegetable juice

see [base recipe](#)

vegetable juice “bloody mary”

Prepare the basic recipe. After putting the ingredients through a juice extractor, mix in 2 tablespoons vodka, $\frac{1}{2}$ tablespoon Worcestershire sauce, a couple of dashes of Tabasco, a sprinkling of celery salt, a squeeze of lemon juice, and a generous grinding of black pepper.

vegetable juice “virgin mary”

Prepare the basic recipe. After putting the ingredients through a juice extractor, mix in $\frac{1}{2}$ tablespoon Worcestershire sauce, a couple of dashes of Tabasco, a sprinkling of celery salt, a squeeze of lemon juice, and a good grinding of black pepper.

vegetable juice with a spicy kick

Prepare the basic recipe, adding 1 teaspoon chili sauce and a generous grinding of black pepper to the juice before serving.

vegetable juice with a zingy kick

Prepare the basic recipe, adding 1 teaspoon lemon juice and 1 teaspoon lime juice to the vegetable juice before serving.

blends for kids

It can sometimes be hard to get children to appreciate nutritious fruits and vegetables, but the recipes in this chapter are all so delicious that they'll be clamoring for more! Simply double, triple, or quadruple the ingredients to make enough to satisfy the whole family.



apple, blackcurrant, and elderflower juice

see [variations](#)

A charmingly old-fashioned favorite that appeals as much to children today as it always has done.

2 apples

½ cup blackcurrants

½ tbsp. elderflower cordial

Put the apples and blackcurrants through a juice extractor. Pour into a glass and mix in the elderflower cordial. Serve immediately.

Serves 1

st. clement's juice



see [variations](#)

“Oranges and lemons, say the bells of St. Clement’s,” goes the old nursery rhyme. Here’s a simple, classic combination with a citrusy tang.

1 orange, peeled

3 clementines, peeled

1 lemon, peeled

Put all the ingredients through a juice extractor. Pour into a glass and serve immediately. You can also use a citrus squeezer for this recipe.

Serves 1

peach melba smoothie



The classic Peach Melba, reconstructed: a simple peach smoothie with a raspberry coulis rippled through, giving each sweet mouthful a sour edge.

for the coulis

½ cup raspberries

Squeeze of lemon juice

1 tsp. honey

for the smoothie

2 peaches, peeled, pitted, and quartered

½ cup plain low-fat yogurt

¼ cup milk

Place the coulis ingredients in the blender and blend until smooth. Pour out and set aside. If you do not want any seeds, pour the coulis through a mesh strainer. Don't worry about washing the blender, as it will give the peach smoothie a lovely pink color.

Place the smoothie ingredients into the blender and blend the mixture for 1 minute or until smooth. Pour into a large bowl, swirl in the raspberry coulis, then pour into a glass to serve.

Serves 1

peanut butter and jelly smoothie



see [variations](#)

This all-American sandwich favorite transfers beautifully to a sweet smoothie that kids will love as a special lunch treat.

1 banana, peeled and quartered

1 tbsp. strawberry jelly

1 tbsp. smooth peanut butter

½ cup plain low-fat yogurt

¼ cup milk

Put all the ingredients into a blender and blend until smooth. Pour into a glass and serve immediately.

Serves 1

chocolate marshmallow cloud shake



see [variations](#)

A velvety rich chocolate shake dappled with soft bubbles of marshmallow — a comforting treat for kids.

1¼ cups chocolate ice cream

2 tbsp. milk

1 tbsp. chocolate sauce

¼ cup miniature marshmallows

Place the chocolate ice cream and milk into a blender and blend until smooth. Pour into a bowl and swirl in the chocolate sauce and marshmallows. Pour into a glass and serve immediately.

Serves 1

banana and toffee smoothie



see [variations](#)

This irresistibly rich smoothie is made sweet by the dulce de leche and satiny smooth by the yogurt.

1½ bananas, peeled and quartered

1 tbsp. dulce de leche

½ cup plain low-fat yogurt

¼ cup milk

1 ginger cookie

Place the banana, dulce de leche, yogurt, and milk into a blender. Blend for 1 minute or until smooth. Pour into a glass and crumble the cookie on top.

Serves 1

pineappleade

see [variations](#)

A tangy twist on old-fashioned lemonade, this is perfect for pouring out of a tall pitcher on a long summer afternoon.

¼ pineapple, peeled

¼ cup soda water

Put the pineapple through a juice extractor. Pour into a glass and top off with soda water.

Serves 1

strawberry and nectarine fizz

see [variations](#)

Adding soda water to fresh juice makes a small amount of fruit go farther. This recipe is good in place of champagne for those who don't want to drink alcohol but have something to celebrate.

1 cup strawberries, hulled

2 nectarines, halved and seeded

¼ cup soda water

Put the fruit through a juice extractor. Pour into a glass and top off with the soda water.

Serves 1

strawberry cheesecake smoothie



see [variations](#)

This smoothie looks like a cheesecake in reverse, with the crunchy cookie on top and creamy fruit “filling” underneath.

1 cup strawberries, hulled

1 tbsp. strawberry jelly

½ cup mascarpone

½ cup plain low-fat yogurt

1 tsp. vanilla extract

1 ginger cookie

Put the strawberries, jelly, mascarpone, yogurt, and vanilla extract in a blender. Blend for 1 minute or until smooth. Pour into a glass and crumble the ginger cookie on top.

Serves 1

monster juice



see [variations](#)

The spooky green makes this juice perfect for Halloween — but kids will love it whatever the time of year.

1 kiwifruit, peeled

1 cup seedless green grapes

1 cup honeydew melon, peeled and chopped

3 green apples

Put all the ingredients through a juice extractor. Pour into a glass and serve immediately.

Serves 1

variations



apple, blackcurrant, and elderflower juice

see [base recipe](#)

apple and elderflower juice

Prepare the basic recipe, omitting the blackcurrants and replacing them with 1 extra apple.

apple, blackberry, and elderflower juice

Prepare the basic recipe, omitting the blackcurrants and replacing them with the same quantity of blackberries.

apple, raspberry, and elderflower juice

Prepare the basic recipe, omitting the blackcurrants and replacing them with the same quantity of raspberries.

apple, strawberry, and elderflower juice

Prepare the basic recipe, omitting the blackcurrants and replacing them with the same quantity of strawberries.

variations



st. clement's juice

see [base recipe](#)

orange and clementine juice

Prepare the basic recipe, omitting the lemon and replacing it with 1 extra peeled orange.

clementine, lemon, and lime juice

Prepare the basic recipe, omitting the orange and replacing it with 1 peeled lime and $\frac{1}{2}$ teaspoon sugar.

orange and lemon juice

Prepare the basic recipe, omitting the clementines and replacing them with 2 extra peeled oranges.

mandarin and lemon juice

Prepare the basic recipe, omitting the orange and clementines, and replacing them with 3 peeled mandarin oranges and $\frac{1}{2}$ teaspoon sugar.

variations



peach melba smoothie

see [base recipe](#)

strawberry and raspberry swirl smoothie

Prepare the basic smoothie recipe, omitting the peaches and replacing them with the same quantity of strawberries.

peach and blueberry swirl smoothie

Prepare the basic coulis recipe, omitting the raspberries and replacing them with the same quantity of blueberries.

mango and raspberry swirl smoothie

Prepare the basic smoothie recipe, omitting the peaches and replacing them with 1 cup chopped mango.

banana and raspberry swirl smoothie

Prepare the basic smoothie recipe, omitting the peaches and replacing them with 1½ bananas.

variations



peanut butter and jelly smoothie

see [base recipe](#)

peanut butter and raspberry jelly smoothie

Prepare the basic recipe, omitting the strawberry jelly and replacing it with the same quantity of raspberry jelly.

peanut butter and blackberry jelly smoothie

Prepare the basic recipe, omitting the strawberry jelly and replacing it with the same quantity of blackberry jelly.

peanut butter and blackcurrant jelly smoothie

Prepare the basic recipe, omitting the strawberry jelly and replacing it with the same quantity of blackcurrant jelly.

peanut butter and marmalade smoothie

Prepare the basic recipe, omitting the strawberry jelly and replacing it with the same quantity of orange marmalade.

peanut butter and chocolate smoothie

Prepare the basic recipe, omitting the strawberry jelly and replacing it with the same quantity of chocolate spread.

variations



chocolate marshmallow cloud shake

see [base recipe](#)

white chocolate marshmallow cloud shake

Prepare the basic recipe, omitting the chocolate ice cream and replacing it with the same quantity of white chocolate ice cream.

white chocolate and strawberry swirl shake

Prepare the basic recipe, omitting the chocolate ice cream and replacing it with the same quantity of white chocolate ice cream. Replace the chocolate sauce with strawberry sauce.

chocolate swirl shake

Prepare the basic recipe, omitting the marshmallows.

chocolate orange marshmallow cloud milkshake

Prepare the basic recipe, omitting the chocolate sauce and replacing it with the same quantity of rind-free marmalade, thinned down with 1 tablespoon warm water.

mocha marshmallow cloud milkshake

Prepare the basic recipe, adding 1 shot (2 tablespoons) espresso.

variations



banana and toffee smoothie

see [base recipe](#)

banana, toffee, and chocolate smoothie

Prepare the basic recipe, topping the glass with a shower of finely grated chocolate.

banana and chocolate smoothie

Prepare the basic recipe, omitting the dulce de leche and replacing it with the same amount of chocolate sauce.

strawberry and toffee smoothie

Prepare the basic recipe, omitting the bananas and adding 1 cup hulled strawberries.

peach and toffee smoothie

Prepare the basic recipe, omitting the bananas and adding 2 pitted and quartered peaches.

variations



pineappleade

see [base recipe](#)

pineappleade with mint

Prepare the basic recipe, pouring the pineappleade into an iced glass and topping with fresh mint leaves.

orangeade

Prepare the basic recipe, omitting the pineapple and replacing it with 3 peeled oranges.

appleade

Prepare the basic recipe, omitting the pineapple and replacing it with 3 apples.

lemonade

Prepare the basic recipe, omitting the pineapple and replacing it with 3 peeled lemons. Mix in 1 tablespoon sugar after putting the lemons through the juice extractor.

cherryade

Prepare the basic recipe, omitting the strawberries and replacing them with 1 cup pitted cherries.

variations



strawberry and nectarine fizz

see [base recipe](#)

strawberry fizz

Prepare the basic recipe, omitting the nectarines and increasing the quantity of strawberries to 2 cups.

raspberry and nectarine fizz

Prepare the basic recipe, omitting the strawberries and replacing them with the same quantity of raspberries.

nectarine fizz

Prepare the basic recipe, omitting the strawberries and replacing them with an additional $\frac{1}{2}$ nectarine.

strawberry and raspberry fizz

Prepare the basic recipe, omitting the nectarine and replacing it with 1 cup raspberries.

variations



strawberry cheesecake smoothie

see [base recipe](#)

blackberry cheesecake smoothie

Prepare the basic recipe, omitting the strawberries and jelly, and replacing them with the same quantities of blackberries and blackberry jelly.

raspberry cheesecake smoothie

Prepare the basic recipe, omitting the strawberries and jelly, and replacing them with the same quantities of raspberries and raspberry jelly.

rhubarb cheesecake smoothie

Prepare the basic recipe, omitting the strawberries and jelly, and replacing them with the same quantities of stewed, sweetened rhubarb and rhubarb jelly.

vanilla cheesecake smoothie

Prepare the basic recipe, omitting the strawberries and jelly, and replacing them with an extra $\frac{1}{4}$ cup mascarpone.

variations



monster juice

see [base recipe](#)

monster juice with worms

Prepare the basic recipe, adding some jelly worms to the glass for an extra scare.

red monster juice

Make the monster juice using 1 purple plum, 1 cup seedless red grapes, 1 cup chopped watermelon, and 3 red apples instead of the fruits listed in the basic recipe.

grape and kiwifruit juice

Prepare the basic recipe, omitting the green melon and apples. Add an extra kiwifruit and 1 more cup of grapes.

melon and grape juice

Prepare the basic recipe, omitting the kiwifruit and apples, and increasing the quantity of grapes to 1½ cups and the melon to 1½ cups.

milkshakes

Where the principal ingredient of a smoothie is fresh fruit, in a milkshake it is rich, thick ice cream. All the drinks in this chapter are delightfully smooth and frothy.



banana milkshake

see [variations](#)

This milkshake, which we all grew up on, never loses its charm.

1 banana, peeled and quartered

1¼ cups vanilla ice cream

2 tbsp. milk

Place all the ingredients into a blender and blend for 1 minute. Pour into a glass and serve immediately.

Serves 1

raspberry and white chocolate milkshake



see [variations](#)

Choose the best-quality ice cream you can find, as it makes a real difference here.

¾ cup raspberries

1¼ cups white chocolate ice cream

2 tbsp. milk

Place all the ingredients into a blender and blend for 1 minute. Pour into a glass and serve immediately.

Serves 1

mixed berry milkshake



see [variations](#)

The flavors of mixed berries make a wonderfully cooling summer drink.

1 cup each of blueberries, blackberries, strawberries, and raspberries

1¼ cups vanilla ice cream

2 tbsp. milk

Place all the ingredients into a blender and blend for 1 minute. Pour into a glass and serve immediately.

Serves 1

pear, chocolate, and ginger milkshake



see [variations](#)

Pear with chocolate is an inspired combination that has consistently found favor. This smooth shake is sure to become one of your favorites.

1-inch piece of fresh gingerroot

1 ripe pear

1¼ cups chocolate ice cream

2 tbsp. milk

Peel and grate the ginger. Peel and chop the pear. Place all the ingredients into a blender and blend for 1 minute. Pour into a glass and serve immediately.

Serves 1

chocolate and orange milkshake



see [variations](#)

A delicious variation on the standard plain chocolate shake.

Juice of 1 small orange

Grated rind of ½ orange

1¼ cups chocolate ice cream

2 tbsp. milk

3 tbsp. cornstarch

Put all the ingredients into a blender and blend for 1 minute. Pour into a glass and serve immediately.

Serves 1

strawberry and mint lassi



see [variations](#)

The lassi is a milk and yogurt shake from India. It is every bit as cooling as you would expect.

8 strawberries, hulled

1 cup milk

½ cup plain low-fat yogurt

1 tsp. sugar

4 fresh mint leaves

Put all the ingredients into a blender and blend for 1 minute. Pour into a glass and serve immediately.

Serves 1

mango and cardamom lassi



see [variations](#)

This lassi has an authentic Indian flavor as it pairs the favorite fruit of the subcontinent with a traditional Indian spice.

Seeds from 2 cardamom pods

1 mango, peeled, pitted, and cut into chunks

1 cup milk

½ cup plain low-fat yogurt

1 tsp. sugar (optional)

Grind the cardamom seeds slightly with a mortar and pestle. Place all the ingredients into a blender and blend for 1 minute. Pour into a glass and serve immediately.

Serves 1

watermelon and strawberry milkshake



see [variations](#)

Place all the ingredients into a blender and blend until for 1 minute or until smooth. Pour into a glass and serve immediately.

½ cup peeled watermelon chunks

1 cup strawberries, hulled

1 cup vanilla ice cream

2 tbsp. milk

Milkshakes are sometimes seen as the preserve of children, but this light and fragrant shake will be appreciated by adults too.

Serves 1

variations



banana milkshake

see [base recipe](#)

banana malt shake

Prepare the basic recipe, adding 1 tablespoon malt powder to the ingredients before blending.

banana and peanut butter malt shake

Prepare the basic recipe, adding 1 tablespoon malt powder and 1 tablespoon peanut butter to the ingredients before blending.

banana and chocolate milkshake

Prepare the basic recipe, omitting the vanilla ice cream and replacing it with the same quantity of chocolate ice cream.

banana and chocolate malt shake

Prepare the basic recipe, omitting the vanilla ice cream and replacing it with the same quantity of chocolate ice cream. Also add 1 tablespoon malt powder to the ingredients before blending.

variations



raspberry and white chocolate milkshake

raspberry and white chocolate malt shake

Prepare the basic recipe, adding 1 tablespoon malt powder to the other ingredients before blending.

white chocolate milkshake

Prepare the basic recipe, omitting the raspberries and increasing the quantity of ice cream to 1½ cups.

white chocolate malt shake

Prepare the basic recipe, omitting the raspberries and increasing the quantity of ice cream to 1½ cups. Add 1 tablespoon malt powder to the other ingredients before blending.

double chocolate milkshake

Prepare the basic recipe, omitting the raspberries and adding ½ cup white chocolate ice cream and 1 tablespoon chocolate chips to the other ingredients before blending.

variations



mixed berry milkshake

see [base recipe](#)

mixed berry malt shake

Prepare the basic recipe, adding 1 tablespoon malt powder to the other ingredients before blending.

mixed berry and rose water milkshake

Prepare the basic recipe, adding 1 tablespoon rose water to the other ingredients before blending.

mixed berry and chocolate milkshake

Prepare the basic recipe, omitting the vanilla ice cream and replacing it with the same quantity of chocolate ice cream.

mixed berry and ginger ice cream

Prepare the basic recipe, omitting the vanilla ice cream and replacing it with the same quantity of ginger ice cream.

variations



pear, chocolate, and ginger milkshake

see [base recipe](#)

indulgent pear, chocolate, and ginger milkshake

Prepare the basic recipe, topping the milkshake with 1 crumbled ginger cookie just before serving.

pear, chocolate, and ginger malt shake

Prepare the basic recipe, adding 1 tablespoon malt powder to the other ingredients before blending.

pear and chocolate milkshake

Prepare the basic recipe, omitting the gingerroot.

pear and double chocolate milkshake

Prepare the basic recipe, omitting the gingerroot. Top the milkshake with 1 teaspoon chocolate sprinkles just before serving.

variations



chocolate and orange milkshake

see [base recipe](#)

chocolate orange malt shake

Prepare the basic recipe, adding 1 tablespoon malt powder to the other ingredients before blending.

mint chocolate milkshake

Prepare the basic recipe, omitting the orange zest and juice, and replacing them with a few drops of mint extract. Increase the quantity of ice cream to 1½ cups.

chocolate and coffee milkshake

Prepare the basic recipe, omitting the orange juice and zest, and replacing them with 1 teaspoon good-quality instant coffee granules dissolved in 1 tablespoon boiling water.

chocolate and toffee milkshake

Prepare the basic recipe, omitting the orange juice and zest, and replacing them with 1 tablespoon dulce de leche.

variations



strawberry and mint lassi

see [base recipe](#)

strawberry, mint, and rose water lassi

Prepare the basic recipe, adding 1 teaspoon rose water to the other ingredients before blending.

strawberry lassi

Prepare the basic recipe, omitting the mint.

strawberry and rose water lassi

Prepare the basic recipe, omitting the mint and adding 1 teaspoon rose water to the other ingredients before blending.

strawberry, lychee, and rose water lassi

Prepare the basic recipe, omitting the mint and adding 1 teaspoon rose water and 4 peeled and pitted lychees to the other ingredients before blending.

variations



mango and cardamom lassi

see [base recipe](#)

mango lassi

Prepare the basic recipe, omitting the cardamom.

mango and lemongrass lassi

Prepare the basic recipe, omitting the cardamom and replacing it with $\frac{1}{2}$ lemongrass stalk, finely chopped.

mango and chili lassi

Prepare the basic recipe, omitting the cardamom and replacing it with $\frac{1}{2}$ seeded red chili.

mango and mint lassi

Prepare the basic recipe, omitting the cardamom and replacing it with 4 fresh mint leaves.

mango, cardamom, and coconut milk lassi

Prepare the basic recipe, omitting the milk and replacing it with the same amount of coconut milk.

variations



watermelon and strawberry milkshake

see [base recipe](#)

watermelon and strawberry malt shake

Prepare the basic recipe, adding 1 tablespoon malt powder to the ingredients before blending.

watermelon, strawberry, and rose water milkshake

Prepare the basic recipe, adding 1 teaspoon rose water to the ingredients before blending.

watermelon milkshake

Prepare the basic recipe, omitting the strawberries and increasing the quantity of watermelon to 1 cup.

watermelon and raspberry milkshake

Prepare the basic recipe, omitting the strawberries and replacing them with 1 cup raspberries.

honeydew and strawberry milkshake

Prepare the basic recipe, omitting the watermelon and replacing them with an equal quantity of honeydew melon.

thick and frosty

These thick shakes and smoothies are especially good when chilled and served ice-cold. Many of them contain crushed ice as a thickening and cooling ingredient — making them just right for a hot summer day.



mango, pineapple, and papaya ice cream smoothie

see [variations](#)

A wonderfully exotic liquid ice cream.

½ mango, peeled and pitted

½ cup pineapple chunks

½ small papaya, peeled and seeded

½ cup vanilla ice cream

4 ice cubes

Place all the ingredients into a blender and blend for 1 minute. Pour into a glass and serve immediately.

Serves 1

chocolate and pistachio smoothie



see [variations](#)

Pistachios combine wonderfully with lots of ingredients, especially chocolate. Try this drink for a satisfying and delicious treat.

¼ cup shelled unsalted pistachios

1¼ cups chocolate ice cream

3 tbsp. milk

Place all the ingredients into a blender and blend for 1 minute. Pour into a glass and serve immediately.

Serves 1

white chocolate and apricot smoothie

see [variations](#)

You can use either fresh or soft dried apricots in this recipe. The soft dried fruit make for a slightly stronger flavor, but are equally delicious.

½ cup soft dried apricots or ¾ cup fresh pitted apricots

1¼ cups white chocolate ice cream

3 tbsp. milk

Put all the ingredients into a blender and blend for 1 minute. Pour into a glass and serve immediately.

Serves 1

mint chocolate chip smoothie

see [variations](#)

Mint-flavored chocolates are a classic after-dinner treat. Here is a liquid version.

1¼ cups mint chocolate chip ice cream

3 tbsp. milk

1 tbsp. chocolate chips

Put all the ingredients into a blender. Blend for 1 minute. Pour into a glass and serve immediately.

Serves 1

mocha frosty



see [variations](#)

Coffee and chocolate — always a popular combination — is especially good in this refreshing and sustaining thick shake.

1 tsp. instant coffee granules dissolved in 1 tbsp. boiling water

1 cup chocolate ice cream

3 tbsp. milk

Place all the ingredients into a blender and blend for 1 minute. Pour into a glass and serve immediately.

Serves 1

banana, pineapple, and coconut frosty



see [variations](#)

This really refreshing drink will bring a taste of the Caribbean to your kitchen.

1 banana, peeled and quartered

⅓ cup peeled pineapple chunks

1 cup coconut ice cream

½ cup coconut milk

Place all the ingredients into a blender and blend for 1 minute. Pour into a glass and serve immediately.

Serves 1

raspberry and pineapple granita



see [variations](#)

This superbly fruity combination is even more refreshing when sipped through ice. It also makes an excellent nonalcoholic party drink.

1 cup raspberries

½ pineapple, peeled and cored

2 cups ice cubes

Put the fruit through a juice extractor, and then transfer it to a blender with the ice cubes. Blend until everything is combined. Pour into a glass and serve immediately.

Serves 1

watermelon and mint granita



see [variations](#)

A light and fragrant combination that both looks and tastes exotic, refreshing, and even luxurious.

1½ cups peeled watermelon chunks

1 cup ice cubes

3 sprigs fresh mint

Put the watermelon through a juice extractor. Transfer it into a blender over the ice cubes and leaves from the mint sprigs. Blend for 1 minute. Pour into a glass and serve immediately. Garnish the glass with an additional mint sprig if desired.

Serves 1

coffee granita



see [variations](#)

This drink makes an ideal refreshment to be served after a summer meal.

1 tsp. instant coffee dissolved in 1 tbsp. boiling water

1 tsp. sugar (optional)

½ cup ice cubes

Place all the ingredients into a blender and blend for 1 minute. Pour into a shot glass or espresso cup and serve immediately.

Serves 1

papaya and lime granita



see [variations](#)

The bold tropical flavors and crushed ice make this drink a real refresher.

1 papaya, peeled and seeded

2 cups ice cubes

Juice of 1 lime

Put the papaya through a juicer. Pour over the ice cubes and lime juice in a blender, and blend for 1 minute. Pour into a glass and serve immediately.

Serves 1

variations



mango, pineapple, and papaya ice cream smoothie

see [base recipe](#)

mango and papaya ice cream smoothie

Prepare the basic recipe, omitting the pineapple and replacing it with another ½ mango.

mango, passion fruit, and papaya ice cream smoothie

Prepare the basic recipe, omitting the pineapple and replacing it with another ½ mango and the juice of 2 passion fruit.

mango, pineapple, passion fruit, and papaya ice cream smoothie

Prepare the basic recipe, adding the juice of 2 passion fruit to the ingredients before blending.

boozy mango and papaya ice cream smoothie

Prepare the basic recipe, omitting the pineapple and replacing it with another ½ mango and 2 tablespoons dark rum.

variations



chocolate and pistachio smoothie

see [base recipe](#)

chocolate and almond smoothie

Prepare the basic recipe, omitting the pistachios and replacing them with the same quantity of almonds.

chocolate, pistachio, and orange-flower water smoothie

Prepare the basic recipe, adding $\frac{1}{2}$ teaspoon orange-flower water to the ingredients before blending.

white chocolate and pistachio smoothie

Prepare the basic recipe, omitting the chocolate ice cream and replacing it with the same quantity of white chocolate ice cream.

white chocolate, pistachio, and orange-flower water smoothie

Prepare the basic recipe, omitting the chocolate ice cream and replacing it with the same quantity of white chocolate ice cream. Add $\frac{1}{2}$ teaspoon orange-flower water to the other ingredients before blending.

variations



white chocolate and apricot smoothie

see [base recipe](#)

white chocolate and vanilla smoothie

Prepare the basic recipe, omitting the apricots and replacing them with $\frac{1}{2}$ teaspoon vanilla extract.

white chocolate and caramel smoothie

Prepare the basic recipe, omitting the apricots and replacing them with 1 tablespoon dulce de leche.

white chocolate and mint smoothie

Prepare the basic recipe, omitting the apricots and replacing them with $\frac{1}{2}$ teaspoon mint extract.

white chocolate and strawberry smoothie

Prepare the basic recipe, omitting the apricots and replacing them with the same quantity of strawberries.

variations



mint chocolate chip smoothie

see [base recipe](#)

double mint chocolate chip smoothie

Prepare the basic recipe, adding 2 tablespoons chocolate sauce to the ingredients before blending.

rich mint chocolate chip smoothie

Prepare the basic recipe, omitting the milk and replacing it with 4 tablespoons heavy cream.

boozy mint chocolate chip smoothie

Prepare the basic recipe, adding 2 tablespoons crème de menthe to the ingredients before blending.

mint cream chocolate chip smoothie

Prepare the basic recipe, adding 2 broken-up mint cream candies when blending the other ingredients.

variations



mocha frosty

see [base recipe](#)

rich mocha frosty

Prepare the basic recipe, omitting the milk and replacing it with 4 tablespoons heavy cream.

double chocolate mocha frosty

Prepare the basic recipe, adding 1 tablespoon chocolate chips to the other ingredients before blending.

triple chocolate mocha frosty

Prepare the basic recipe, adding 1 tablespoon chocolate chips and 1 tablespoon chocolate sauce to the other ingredients before blending.

white chocolate mocha frosty

Prepare the basic recipe, omitting the chocolate ice cream and replacing it with the same quantity of white chocolate ice cream.

variations



banana, pineapple, and coconut frosty

see [base recipe](#)

boozy banana and coconut frosty

Prepare the basic recipe, adding 2 tablespoons dark rum to the other ingredients before blending.

malibu, banana, pineapple, and coconut frosty

Prepare the basic recipe, adding 2 tablespoons Malibu coconut-flavored rum to the other ingredients before blending.

banana and coconut frosty

Prepare the basic recipe, omitting the pineapple and replacing it with another $\frac{1}{2}$ banana. Also add 1 tablespoon chocolate chips to the other ingredients before blending.

papaya, pineapple, and coconut frosty

Prepare the basic recipe, omitting the banana and replacing it with $1\frac{1}{2}$ cups peeled and chunked papaya.

variations



raspberry and pineapple granita

see [base recipe](#)

raspberry granita

Prepare the basic recipe, omitting the pineapple and replacing it with 2 more cups raspberries.

pineapple granita

Prepare the basic recipe, omitting the raspberries and adding another $\frac{1}{4}$ pineapple.

pineapple and strawberry granita

Prepare the basic recipe, omitting the raspberries and replacing them with the same quantity of strawberries.

raspberry and apple granita

Prepare the basic recipe, omitting the pineapple and replacing it with 3 apples.

lemon and pineapple granita

Prepare the basic recipe, omitting the raspberries and replacing with 2 tablespoons fresh lemon juice and 1 tablespoon sugar syrup.

variations



watermelon and mint granita

see [base recipe](#)

strawberry and mint granita

Prepare the basic recipe, omitting the watermelon and replacing it with 3 cups strawberries.

mango and mint granita

Prepare the basic recipe, omitting the watermelon and replacing it with 2 cups peeled and chunked mango.

apple and mint granita

Prepare the basic recipe, omitting the watermelon and replacing it with 3 apples.

orange and mint granita

Prepare the basic recipe, omitting the watermelon and replacing it with 3 oranges.

variations



coffee granita

see [base recipe](#)

creamy coffee granita

Prepare the basic recipe, adding 1 tablespoon heavy cream to the other ingredients before blending.

mocha granita

Prepare the basic recipe, adding 1 teaspoon powdered cocoa to the other ingredients before blending.

coffee liqueur granita

Prepare the basic recipe, adding 1 tablespoon Tia Maria or Kahlúa liqueur to the other ingredients before blending.

flavored coffee granita

Prepare the basic recipe, adding 1 tablespoon flavored syrup (hazelnut, vanilla, or mint are all good here) to the other ingredients before blending.

baileys coffee granita

Prepare the basic recipe, adding 1 tablespoon Baileys to the other ingredients before blending.

variations



papaya and lime granita

see [base recipe](#)

papaya and grapefruit granita

Prepare the basic recipe, omitting the lime and replacing it with the juice of 1 grapefruit.

papaya and orange granita

Prepare the basic recipe, omitting the lime and replacing it with the juice of 1 orange.

papaya and lemon granita

Prepare the basic recipe, omitting the lime and replacing it with the juice of 1 lemon.

papaya and mandarin granita

Prepare the basic recipe, omitting the lime and replacing it with the juice of 2 mandarin oranges.

naughty but nice

These sweet treats are the perfect comfort food — smooth, cool, creamy drinks to brighten your day. Any of the recipes in this chapter would be perfect for a tasty dessert.



strawberries and cream smoothie

see [variations](#)

Afternoon teas on the lawn in the lazy, hazy days of long-ago summers always included strawberries and cream. Here is a liquid version.

½ cup strawberries, hulled

1¼ cups strawberry ice cream

2 tbsp. heavy cream

1 whole strawberry (optional)

Put all the ingredients into a blender and blend for 1 minute. Pour into a glass, decorate with 1 whole strawberry, and serve immediately.

Serves 1

black forest smoothie



see [variations](#)

A basic chocolate cherry smoothie is enriched by the addition of meltingly soft pieces of chocolate sponge cake.

1 cup pitted black cherries

1¼ cups chocolate ice cream

2 tbsp. heavy cream

1 cup chopped chocolate sponge cake

Put the black cherries, ice cream, and heavy cream into a blender and blend for 1 minute. Pour into a glass and stir in the chocolate sponge cake. Serve immediately.

Serves 1

mango, mandarin, and coconut smoothie



see [variations](#)

A sweet and creamy drink that captures the flavors of Southeast Asia.

1 mango, peeled and pitted

1 mandarin orange, peeled and seeds removed

1¼ cups coconut ice cream

½ cup coconut milk

Put all the ingredients into a blender and blend for 1 minute. Pour into a glass and serve immediately.

Serves 1

tiramisu smoothie



see [variations](#)

The sensational Italian pudding converts easily into a luxurious drink that would make a stylish conclusion to a party meal.

1 cup vanilla ice cream

½ cup mascarpone

1 tbsp. heavy cream

1 ladyfinger

1 tsp. instant coffee dissolved in 1 tbsp. boiling water

Cocoa powder for dusting

Put the ice cream, mascarpone, and cream in a blender. Blend for 1 minute. Pour into a glass.

Roughly crumble the ladyfinger into the dissolved coffee. Stir the mixture into the glass. Dust the top of the mixture with the cocoa powder. Serve immediately.

Serves 1

strawberry trifle smoothie

see [variations](#)

This once-maligned British pudding has been revalued and reworked in many kitchens recently. It's especially delicious as a smoothie.

1 cup strawberries, hulled

1 cup vanilla ice cream

½ cup ready-made custard

1 ladyfinger, crumbled

Sugar sprinkles to serve

Put the strawberries, ice cream, and custard into a blender and blend for 1 minute. Pour into a glass and stir the crumbled ladyfinger through the mixture. Serve with the sugar sprinkles scattered on top.

Serves 1

banana, cream, and chocolate smoothie

This was my favorite pudding as a child — and it's still tempting. Feel free to replace the grated milk chocolate with an equivalent amount of your favorite chocolate bar.

1 banana, peeled and quartered

1¼ cups vanilla ice cream

2 tbsp. heavy cream

1 tbsp. milk chocolate, grated

Put the banana, ice cream, and cream into a blender and blend for 1 minute. Pour into a glass and sprinkle the grated chocolate over the top. Serve immediately.

Serves 1

ginger and pear pudding smoothie



see [variations](#)

Ginger brings a spicy warmth to this fruity smoothie.

1 ripe pear, peeled, cored, and quartered

1¼ cups ginger ice cream

3 tbsp. heavy cream

2 ginger cookies, crumbled

Put all the ingredients except the ginger cookies into a blender and blend for 1 minute. Pour into a glass and top with the crumbled cookies. Serve immediately.

Serves 1

apple crumble smoothie



see [variations](#)

Apple crumble topped with vanilla ice cream is a very popular dessert, especially in the fall. Here the crumble and ice cream are blended into one rich smoothie.

1 cup stewed apples

¼ tsp. cinnamon

1 cup vanilla ice cream

3 tbsp. heavy cream

1 oatmeal cookie, crumbled

Put all the ingredients except the crumbled cookie into a blender and blend for 1 minute. Pour into a glass and top with the crumbled cookie. Serve immediately.

Serves 1

variations



strawberries and cream smoothie

see [base recipe](#)

pavlova smoothie

Prepare the basic recipe, stirring through 1 cup crushed meringues before serving.

peaches and cream smoothie

Prepare the basic recipe, omitting the strawberries and strawberry ice cream, and replacing them with 1 pitted and peeled peach and 1¼ cups vanilla ice cream.

raspberries and cream smoothie

Prepare the basic recipe, omitting the strawberries and strawberry ice cream, and replacing them with ½ cup raspberries and 1¼ cups raspberry frozen yogurt or vanilla ice cream.

berries and cream smoothie

Prepare the basic recipe, omitting the strawberries and replacing them with ½ cup mixed berries.

peach melba and cream smoothie

Prepare the basic recipe, omitting the strawberries and strawberry

ice cream, and replacing them with 1 peeled and pitted peach and 1¼ cups raspberry frozen yogurt.

variations



black forest smoothie

see [base recipe](#)

boozy black forest smoothie

Prepare the basic recipe, adding 2 tablespoons kirsch to the other ingredients before blending.

chocolate and cherry milkshake

Prepare the basic recipe, omitting the chocolate cake.

chocolate and cherry malt shake

Prepare the basic recipe, omitting the chocolate cake and adding 1 tablespoon malt powder to the other ingredients before blending.

double chocolate black cherry smoothie

Prepare the basic recipe, omitting the chocolate cake and replacing it with 1 tablespoon chocolate chips.

variations



mango, mandarin, and coconut smoothie

see [base recipe](#)

mandarin, pineapple, and coconut smoothie

Prepare the basic recipe, omitting the mango and replacing it with 2 cups peeled and chunked pineapple.

mango, pineapple, and coconut smoothie

Prepare the basic recipe, omitting the mandarin orange and replacing it with $\frac{1}{4}$ cup pineapple juice.

mango and coconut ice cream smoothie

Prepare the basic recipe, omitting the mandarin orange and replacing it with $\frac{1}{4}$ cup mango juice.

coconut smoothie

Prepare the basic recipe, omitting the mango and mandarin orange, and increasing the quantity of coconut milk to 1 cup.

variations



tiramisu smoothie

see [base recipe](#)

marsala wine tiramisu smoothie

Prepare the basic recipe, adding 2 tablespoons Marsala wine to the diluted coffee.

amaretto tiramisu smoothie

Prepare the basic recipe, adding 2 tablespoons amaretto liqueur to the diluted coffee.

coffee liqueur tiramisu smoothie

Prepare the basic recipe, adding 2 tablespoons coffee liqueur (such as Kahlúa or Tia Maria) to the diluted coffee.

baileys tiramisu smoothie

Prepare the basic recipe, adding 2 tablespoons Baileys liqueur to the diluted coffee.

variations



strawberry trifle smoothie

see [base recipe](#)

raspberry trifle smoothie

Prepare the basic recipe, omitting the strawberries and replacing them with the same quantity of raspberries.

sherry trifle smoothie

Prepare the basic recipe, adding 2 tablespoons sherry to the other ingredients before blending.

tropical fruit trifle smoothie

Prepare the basic recipe, omitting the strawberries and replacing them with 1 cup mixed tropical fruit such as pineapple, mango, lychee, and papaya.

fruit cocktail trifle smoothie

Prepare the basic recipe, omitting the strawberries and replacing them with the same quantity of canned fruit cocktail.

chocolate trifle smoothie

Prepare the basic recipe, omitting the strawberries and ice cream, and replacing them with 2 tablespoons chocolate sauce and chocolate ice cream.

variations



banana, cream, and chocolate smoothie

see [base recipe](#)

banana, cream, and chocolate peanut smoothie

Prepare the basic recipe, omitting the grated chocolate and replacing it with $\frac{1}{4}$ cup chocolate-coated peanuts.

banana, chocolate cream, and chocolate peanut smoothie

Prepare the basic recipe, omitting the grated chocolate and replacing it with $\frac{1}{4}$ cup chocolate-coated peanuts. Replace the vanilla ice cream with chocolate ice cream.

banana and chocolate smoothie

Prepare the basic recipe, omitting the vanilla ice cream and replacing it with the same quantity of chocolate ice cream.

banana, caramel, and chocolate smoothie

Prepare the basic recipe, omitting the vanilla ice cream and replacing it with the same quantity of caramel ice cream.

variations



ginger and pear pudding smoothie

see [base recipe](#)

rich ginger and pear pudding smoothie

Prepare the basic recipe, adding 1 teaspoon molasses to the other ingredients before blending.

boozy ginger and pear pudding smoothie

Prepare the basic recipe, adding 2 tablespoons Poire William to the other ingredients before blending.

rhubarb and ginger pudding smoothie

Prepare the basic recipe, omitting the pear and replacing it with $\frac{1}{2}$ cup stewed rhubarb.

pear and rhubarb smoothie

Prepare the basic recipe, omitting the ginger ice cream and replacing it with vanilla ice cream and adding $\frac{1}{2}$ cup stewed rhubarb. Swap the ginger cookies for oatmeal cookies.

variations



apple crumble smoothie

see [base recipe](#)

mulled apple crumble smoothie

Prepare the basic recipe, omitting the cinnamon and replacing it with 1 teaspoon mixed spice and 2 tablespoons Calvados.

apple and blackberry crumble smoothie

Prepare the basic recipe, adding $\frac{1}{4}$ cup stewed blackberries to the other ingredients before blending.

apple and rhubarb crumble smoothie

Prepare the basic recipe, adding $\frac{1}{4}$ cup stewed rhubarb to the other ingredients before blending.

rhubarb crumble smoothie

Prepare the basic recipe, omitting the stewed apples and replacing them with the same quantity of stewed rhubarb.

boozy blends

For a more grown-up taste, try adding an alcoholic kick to your blended drinks. Sit back and enjoy the drinks in this chapter — perfect for parties or to help you relax in the evening.



watermelon martini

see [variations](#)

A light and refreshing drink, ideal to serve as an ice-breaker at the start of a party.

1 cup peeled watermelon chunks

6 ice cubes

2 tbsp. vodka

1 tbsp. [sugar syrup](#)

2 tsp. vermouth

2 fresh mint leaves

Slice of watermelon to serve

Put the watermelon through a juice extractor. Place into a cocktail shaker with the ice, vodka, sugar syrup, vermouth, and mint, and shake vigorously for 30 seconds. Pour through a strainer into a martini glass and serve with a slice of watermelon.

Serves 1

passion fruit margarita



see [variations](#)

Despite the small quantity of juice that can be obtained from a passion fruit, its astringent flavor and tropical perfume permeate this drink.

Juice of 6 passion fruit, sieved

6 ice cubes

2 tbsp. tequila

2 tsp. triple sec

1 tbsp. [sugar syrup](#)

Put the passion fruit juice, ice, tequila, triple sec, sugar syrup, and mint into a cocktail shaker and shake vigorously for 30 seconds. Pour through a strainer into a martini glass. Garnish with a passion fruit half if desired.

Serves 1

piña colada



see [variations](#)

Although this classic cocktail has been the subject of lighthearted songs, its intense Caribbean flavors deserve to be taken seriously.

1 cup peeled pineapple chunks

¼ cup coconut milk

¼ cup white rum

1 cup ice cubes

Soda water

Slice of pineapple to serve

Maraschino cherries to serve

Put the pineapple through a juice extractor. Pour into a blender along with the coconut milk, rum, and ice. Blend for 1 minute. Pour into a tall glass or goblet. Top off with a splash of soda water. Serve with a slice of pineapple and a couple of maraschino cherries.

Serves 1

amaretto and apricot boozy smoothie



see [variations](#)

The Italian combination of apricot and almond makes for a stylish adult-friendly smoothie — especially when the almond flavor comes from amaretto liqueur.

4 very ripe apricots, pitted

¼ cup Disaronno amaretto liqueur

¼ cup orange juice

½ cup plain low-fat yogurt

2 amaretto cookies, crumbled, to serve

Place the pitted apricots, amaretto liqueur, orange juice, and yogurt into a blender. Blend for 1 minute or until smooth. Pour into a glass and serve with the crumbled cookies on top.

Serves 1

clementine and mango mojito



This exotic cocktail is much improved by the addition of the clean, crisp flavor of fresh mint.

¼ cup peeled mango chunks

1 peeled clementine, cut into eighths

1 tbsp. white rum

1 tsp. brown sugar

⅛ cup fresh mint leaves

Ice cubes

Soda water

Put the mango through a juice extractor and pass through. Place the clementine pieces into a tall glass with the brown sugar and mint and, with a muddler or spoon handle, crush together to release the flavors. Add the mango juice and white rum and mix thoroughly. Stir in some ice cubes until they reach the top of the glass. Top the glass off with soda water. Garnish with a fresh mint sprig if desired.

Serves 1

strawberry frozen daiquiri

see [variations](#)

This cool red liquid is sipped through ice crystals and looks stunningly vibrant.

1½ cups strawberries, hulled

Squeeze of lime

1 tbsp. [sugar syrup](#)

1 cup ice cubes

1 tbsp. white rum

Place all the ingredients into a blender and blend until slushy. Pour into a glass and serve immediately.

Serves 1

fruity gin fizz

see [variations](#)

A light and fragrant drink made all the more glamorous with a dash of sparkling wine.

½ cup peeled and pitted lychees

1 cup seedless grapes

1 tbsp. elderflower cordial

1 tbsp. gin

Ice cubes

Sparkling wine or champagne to serve

Put the lychees and grapes through a juice extractor. Pour into a cocktail shaker along with the elderflower cordial and gin. Shake vigorously for 30 seconds. Pour into a glass over ice and top off with the sparkling wine or champagne.

Serves 1

papaya and orange rum slush



see [variations](#)

The soft, sweet flesh of a papaya is the perfect foil for the acidic hit of orange juice, and the ice cubes make this drink particularly good in the summer months.

1 papaya, peeled and seeded

¼ cup orange juice

Juice of 1 lime

1 tsp. brown sugar

1 tbsp. brown rum

1 cup ice cubes

Place all the ingredients into a blender. Blend for 1 minute or until slushy. Pour into a glass and serve immediately.

Serves 1

bloody mary



see [variations](#)

The great classic, slightly remodeled into a lighter drink. It will certainly refresh you, but it will not make you lose your appetite in the way a standard Bloody Mary does.

6 tomatoes

½ lemon, peeled

2 tbsp. vodka

Pinch salt

Pinch celery salt plus more to serve

Ground black pepper plus more to serve

1 tbsp. Worcestershire sauce

Dash Tabasco sauce

Ice cubes to serve

1 stalk celery, trimmed

Put the tomatoes and lemon through a juice extractor. Place in a cocktail shaker with the vodka, salts, pepper, Worcestershire sauce, and Tabasco. Shake vigorously for 30 seconds. Pour into a tall glass over ice. Top with some more celery salt and pepper. Serve with a stalk of celery.

Serves 1

rum and raisin ice cream milkshake



see [variations](#)

This shake is rich and exotic, but not as heavy as plain ice cream.

¼ cup raisins

¼ cup dark rum

1 tbsp. brown sugar

1¼ cups vanilla ice cream

2 tbsp. milk

Mix the raisins with the rum and sugar, and let soak overnight. Place in a blender with the vanilla ice cream and milk. Blend for 1 minute or until smooth. Pour into a glass and serve immediately.

Serves 1

variations



watermelon martini

see [base recipe](#)

pineapple martini

Prepare the basic recipe, omitting the watermelon and replacing it with 2 cups peeled and chunked pineapple.

appletini

Prepare the basic recipe, omitting the watermelon and replacing it with 2 peeled and cored apples.

green appletini

Prepare the basic recipe, omitting the watermelon and replacing it with 2 peeled and cored apples. Add 1 tablespoon Midori.

strawberry martini

Prepare the basic recipe, omitting the watermelon and replacing it with 1 cup hulled strawberries.

mango martini

Prepare the basic recipe, omitting the watermelon and replacing it with 1 cup peeled and chunked mango.

variations



passion fruit margarita

see [base recipe](#)

lime margarita

Prepare the basic recipe, omitting the passion fruit juice and replacing it with 2 tablespoons lime juice.

lemon margarita

Prepare the basic recipe, omitting the passion fruit juice and replacing it with 2 tablespoons lemon juice.

grapefruit margarita

Prepare the basic recipe, omitting the passion fruit juice and replacing it with the juice of $\frac{1}{2}$ grapefruit.

mandarin margarita

Prepare the basic recipe, omitting the passion fruit juice and replacing it with the juice of 1 mandarin orange.

variations



piña colada

see [base recipe](#)

banana colada

Prepare the basic recipe, omitting the pineapple and replacing it with

1½ peeled and chopped bananas.

mango colada

Prepare the basic recipe, omitting the pineapple and replacing it with 1 cup peeled and chunked mango.

papaya colada

Prepare the basic recipe, omitting the pineapple and replacing it with 1 cup peeled and chunked papaya.

strawberry colada

Prepare the basic recipe, omitting the pineapple and replacing it with 1 cup hulled strawberries.

piña chi chi

Prepare the basic recipe, substituting an equal amount of vodka for rum.

variations



amaretto and apricot boozy smoothie

see [base recipe](#)

amaretto and plum boozy smoothie

Prepare the basic recipe, omitting the apricots and replacing them with 4 very ripe plums, pitted.

amaretto and prune boozy smoothie

Prepare the basic recipe, omitting the apricots. Replace them with 6 prunes that have been pitted and soaked for 30 minutes in 3 tablespoons of hot water.

amaretto, apricot, and plum boozy smoothie

Prepare the basic recipe, omitting 2 of the apricots and replacing them with 2 very ripe plums, pitted.

amaretto and cherry boozy smoothie

Prepare the basic recipe, omitting the apricots and replacing them with 1 cup bottled cherries.

variations



clementine and mango mojito

see [base recipe](#)

mojito

Prepare the basic recipe, omitting the clementine and mango, and replacing them with 2 peeled and chopped limes.

berry mojito

Prepare the basic recipe, omitting the clementine and mango, and replacing them with 1 peeled and chopped lime and $\frac{1}{4}$ cup mixed berries.

lime and strawberry mojito

Prepare the basic recipe, omitting the clementine and mango, and replacing them with 1 peeled and chopped lime and $\frac{1}{4}$ cup hulled strawberries.

lemon mojito

Prepare the basic recipe, omitting the clementine and mango, and replacing them with 1 peeled and chopped lemon.

pineapple mojito

Prepare the basic recipe, omitting the clementine and mango, and replacing them with 1 cup peeled and chopped fresh pineapple.

variations



strawberry frozen daiquiri

see [base recipe](#)

raspberry frozen daiquiri

Prepare the basic recipe, omitting the strawberries and replacing them with the same quantity of raspberries.

watermelon frozen daiquiri

Prepare the basic recipe, omitting the strawberries and replacing them with the same quantity of chopped watermelon.

mango frozen daiquiri

Prepare the basic recipe, omitting the strawberries and replacing them with 1 cup peeled and chunked mango.

pineapple frozen daiquiri

Prepare the basic recipe, omitting the strawberries and replacing them with 1 cup peeled and chunked pineapple.

variations



fruity gin fizz

see [base recipe](#)

redcurrant, elderflower, and lychee gin fizz

Prepare the basic recipe, omitting the grapes and replacing them with 1 cup redcurrants. Serve with a few loose redcurrants.

strawberry, elderflower, and lychee gin fizz

Prepare the basic recipe, omitting the grapes and replacing them with 1 cup hulled strawberries.

blueberry, elderflower, and lychee gin fizz

Prepare the basic recipe, omitting the grapes and replacing them with 1 cup blueberries.

raspberry, elderflower, and lychee gin fizz

Prepare the basic recipe, omitting the grapes and replacing them with 1 cup raspberries.

variations



papaya and orange rum slush

see [base recipe](#)

papaya and orange vodka slush

Prepare the basic recipe, omitting the rum and replacing it with the same quantity of vodka.

papaya and orange bourbon slush

Prepare the basic recipe, omitting the rum and replacing it with the same quantity of bourbon.

mango and orange rum slush

Prepare the basic recipe, omitting the papaya and replacing it with ½ cup peeled and chopped mango.

pineapple and orange rum slush

Prepare the basic recipe, omitting the papaya and replacing it with ½ cup peeled and chopped pineapple.

variations



bloody mary

see [base recipe](#)

mexican bloody mary

Prepare the basic recipe, omitting the lemon, celery salt, Worcestershire sauce, and Tabasco. Replace them with the same quantities of lime, cumin, cilantro leaves, and jalapeño Tabasco. Omit the celery stalk and replace it with a slice of avocado.

japanese bloody mary

Prepare the basic recipe, omitting the lemon, celery salt, Worcestershire sauce, and Tabasco. Replace them with the same quantities of lime, wasabi, soy sauce, and nanami togarashi seasoning. Omit the celery stalk and replace it with a slice of avocado.

virgin mary

Prepare the basic recipe, omitting the vodka.

bull shot

Prepare the basic recipe, omitting the tomatoes and celery stalk, and replacing them with 2 cups hot beef stock.

variations



rum and raisin ice cream milkshake

see [base recipe](#)

rum and prune ice cream milkshake

Prepare the basic recipe, omitting the raisins and replacing them with $\frac{1}{4}$ cup pitted prunes.

rum, prune, and chocolate ice cream milkshake

Prepare the basic recipe, omitting the vanilla ice cream and replacing it with the same quantity of chocolate ice cream.

rum and tropical fruit ice cream milkshake

Prepare the basic recipe, omitting the raisins and replacing them with the same quantity of mixed dried tropical fruits.

minced pie ice cream milkshake

Prepare the basic recipe, but replace the raisins with the same quantity of mixed dried fruit and citrus peel, soaked in brandy rather than rum.